

FELLOWS'
MEDICAL BROCHURES
IN FIVE PARTS.

- PART I.—TREATISE: FELLOWS' HYPOPHOSPHITES.
„ II.—PULMONARY DISEASES.
„ III.—NERVOUS DISEASES.
„ IV.—CHILDREN'S DISEASES.
„ V.—DISEASES OF ADVANCED LIFE.
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LONDON :
JAS. I. FELLOWS, 67, HOLBORN VIADUCT, E.C.
1885

[FOURTH EDITION]

A

FEW REMARKS

UPON

FELLOWS' HYPOPHOSPHITES

OF

QUININE, STRYCHNINE, IRON, LIME,
POTASSA AND MANGANESE.

[FOR THE MEDICAL PROFESSION.]

NEW YORK : 48, VESEY STREET.

PARIS : 5, RUE DE LA PAIX.

LONDON :

JAMES I. FELLOWS, 67, HOLBORN VIADUCT, E.C.

1881

To the Medical Gentlemen who have honoured me with the reports and testimonials which so greatly enhance the value of this publication, and to whom the work is respectfully dedicated, I desire to tender my most cordial thanks, with the assurance that the contributions shall be used in such manner only as may best please the Profession.

JAMES I. FELLOWS.

LONDON, June 1, 1881.

PREFACE.

THIS Treatise is to explain briefly the nature and effects of the Hypophosphite salts, as combined in the Syrup known as Fellows' Hypophosphites, and their special application in this form, to those cases of disease, which do not yield so readily to ordinary treatment.

To one fact and its consequences, Mr. Fellows would earnestly ask their attention—viz., the fraudulent and dangerous imitations that are substituted for his reliable and prescribed Syrup, and to the attendant dissatisfaction and risk in the use of the fictitious article.

These imitative preparations have been severally examined by Mr. Fellows, and not one has been found to possess the distinctive characteristics of his compound—viz., identical composition, freedom from acid reaction,

stability in vacuo, the quality of *retaining Strychnia in solution* for an indefinite time, and pre-eminence in arresting disease. Hence, to prescribe the inferior substitute is to invite disappointment to the Physician; while the patient, to whom time is life, does not reap an immediate benefit, and incurs a grave risk of being poisoned by precipitated Strychnia in the last few doses.

Mr. Fellows therefore ventures to think that, for their own and their patients' interests, it is well for the Medical Profession to employ an agent of known composition and properties—and to make assurance doubly sure, it is safer to prescribe the Syrup in the original bottle, where the distinguishing marks may be seen and imposition prevented.

FELLOWS'

COMPOUND SYRUP OF HYPHOSPHITES

OF

QUININE, STRYCHNINE, IRON, LIME, POTASSA,
AND MANGANESE.

THIS is a combination of salts, allied to blood salts, and consequently true hæmatics, with the blood-building iron, and the two powerful vegetable tonics, strychnine and quinine; the acid holding them in solution being the hypophosphorous acid. Thus it will be seen that it is a very complex fluid: but so is the blood. The aim of its composer is to supply, in a highly digestible form, a medicine at once restorative and tonic. It may be desirable to pursue further the action of the various constituents of the syrup.

The salts are very useful in cases of anæmia and blood-deterioration. "We know that the various saline matters are essential to health, that when they are not present in proper form, nutrition is affected" (Michael Foster). Lime is necessary for

the formation of bone, especially in the early years of growth.

Potass is a muscle-salt, as well as a blood-salt, indicated in those cases of imperfect assimilation with the formation of uric acid, common among delicate children; especially the strumous (Lugol).

Manganese, though less is positively known about it, is allied in its properties as a blood-salt to iron (H. C. Wood).

Iron is a general tonic, but is of especial value in anæmia. It is a constituent of hæmoglobin: "the distinguishing feature of the red corpuscles is hæmoglobin" (M. Foster). It is by means of this hæmoglobin that the red corpuscles are carriers of oxygen. "Hæmoglobin is a so-called oxygen-carrier" (M. Foster).

Without iron the blood is poor in red corpuscles and consequently in oxygen-carrying power. Iron is the great hæmatic; but in many cases it requires the presence of the specific hæmatic in special forms of anæmia to restore the blood to its normal state; without which iron is comparatively useless (Milner Fothergill). The addition of lime, potass, and manganese supplies the special hæmatic in cases of malassimilation, as in delicate children where lime

is indicated ; and in strumous children where potass is indicated.

Quinine is a nervine tonic of unquestioned power, and is also useful in controlling pyrexia (Binz. Liebermeister). Consequently in pyrexia connected with phthisis this syrup is useful.

Strychnine is a stimulant to all nerve-centres, and a tonic acting rapidly in conditions of depression. It has been shown to be a decided stimulant to the respiratory centre (Prokop Roktansky, Milner Fothergill) ; consequently it is indicated where the respiration is embarrassed. It has also been proved to possess a very potent influence over the secretion of sweat, arresting hydrosis, or profuse perspiration (Lauder Brunton).

So much, then, for the hæmatic and tonic properties of the constituents of the syrup.

Now it may be well to examine the properties of the acid used.

The form of phosphorus, as an acid, first used was the phosphoric acid, which is a more physiological acid than any other mineral acid. "Phosphoric acid has been employed in the same cases, in which sulphuric acid and other mineral acids have been used ; and under the same regulations. It may

be employed for a longer period without disturbing the digestive functions, than the other agents of this class" (Pereira). Where a remedy has to be taken continuously for some time, it is desirable that the solvent acid be a form of phosphorus.

Phosphoric acid in the shape of phosphates is found in many articles of our food—especially the proteids; while potassium and phosphates are found in the red corpuscles. "The element phosphorus seems no less important from a biological point of view than carbon or nitrogen. We find it probably playing an important part as the conspicuous constituent of lecithin." Again, when speaking of Complex Nitrogenous Fats, Professor M. Foster writes: "Lecithin $C_{44} H_{90} N P O_9$, occurs widely spread throughout the body. Blood, gall, and serous fluids, contain it in small quantities, while it is a conspicuous component of the brain, nerves, yolk of egg, semen, pus, white blood corpuscles, and the electrical organs of the ray." Consequently phosphorus is indicated in cases of nervous exhaustion, however produced. The hypophosphorous acid seems to furnish the phosphorus for the construction of lecithin more readily than the more stable form phosphoric acid. Consequently when the assimilative powers are unequal

to breaking up phosphoric acid, in the forms of phosphates, to provide the phosphorus for lecithin, the less stable form of the hypophosphites can be broken up for the production of free phosphorus for the formation of lecithin. This syrup, then, is at once readily digestible, and can be taken for long periods, without disturbance of the digestive organs; and is specially indicated in cases where there are phosphates in the urine, losses of pus or of semen; and where at the same time the nervous system is suffering from imperfect nutrition or exhaustion, and needs repair.

From what has been said, it will be obvious that this syrup of hypophosphites is indicated in a variety of maladies.

1. As a blood tonic in simple and other anæmiæ.
2. As a bitter tonic where there is loss of appetite.
3. Where there is nervous exhaustion.
4. Where the respiratory organs are embarrassed.
5. In the grave night sweats of phthisis.
6. In all cases where phosphorus is required for the construction of lecithin.

Under 1, it is useful in cases of malassimilation in

delicate children, where the phosphorus and iron are aided as hæmatics by the presence of lime and potass. Also in atonic gout, where the potass is an hæmatic.

Under 2, in all cases of defective appetite as well as imperfect assimilation, as general debility.

Under 3, in all those numerous and now increasingly numerous cases of exhaustion of the nervous system at all ages; and especially among the brain-workers of our population.

Under 4, it is extremely useful in cases of pulmonary tuberculosis, chronic bronchitis, emphysema, asthma; where its stimulant effects upon the respiratory centre, due to the phosphorus and strychnia, are of the greatest service either in dyspnœa or in cough.

Under 5, come all those cases where the loss of blood-salts in profuse sweats debilitates the system. The syrup supplies the loss of salts immediately, while the strychnia, aided by the acids, controls the hydrosis. (Phosphoric acid has long been in use for the treatment of profuse night-sweats.) Where there is also pyrexia the presence of the quinine makes the syrup of special value.

Under 6, it is useful in all cases of nerve-exhaustion in rapidly-growing young persons (Prof. Sidney

Ringer), after paralysis (Napheys), and by general experience where the brain and nervous system need building up by means of lecithin.

As a general tonic in many conditions of debility with deficiency of blood, or of nervous energy, this syrup is indicated by virtue of its different component factors.

Grasping the great physiological fact of the relations existing between the *pulmonary* and the *cutaneous* respiration, and placing it alongside the well-known clinical fact of the oncome of the grave night sweats of phthisis when the respiration is inadequate to the proper elimination of carbonic acid from the blood; Dr. Lauder Brunton, F.R.S., in a contribution to the St. Bartholomew's Hospital Report for 1879, points out that when the respiratory centre becomes exhausted, then the accumulation of carbonic acid in the blood stimulates the sweat-glands into profuse secretion. Reasoning from this, he writes:—

“If this pathology were correct, it occurred to me that night-sweating might be prevented by administering some remedy which would increase the excitability of the respiratory centre. Now, such a remedy exists in *Strychnia*.” Clinical results corroborated the view and demonstrated its correctness.

This power to increase the activity of the respiratory centre can, then, be utilised in all cases of embarrassment of the respiration, from whatever cause.

In those cases where respiratory embarrassment is found along with pyrexia, this combination is especially indicated from the presence of quinine in it. Dr. Brunton goes on to say of these grave night-sweats :—

“They may occur through stimulation of the sweating centres by increased temperature as well as by increased amount of carbonic acid in the circulatory blood. In such circumstances quinine will probably be the best remedy.”

In cases of softening tubercle with a high temperature this preparation will be found of great value.

The special advantages claimed for this over allied compositions are :—

1. Perfect uniformity of manufacture.
2. Its alkaline reaction, preventing almost all action upon the teeth.
3. From its palatableness it is readily taken by children.
4. Its digestibility ; the hypophosphous acid not irritating the stomach.

It is therefore indicated in the treatment of all cases of asthenia in children, whether from mal-assimilation, or want of nervous energy. It may be taken along with the different preparations of malt, not necessarily at the same time. Indeed, this syrup can be taken along with the different artificial digestive agents, and cod-liver oil, with advantage at all ages. In functional disorders generally, this syrup is indicated; when the liver is disturbed, however, it is less beneficial. The liver should be put in order before the syrup is prescribed.

In certain cases of deficiency of nervous energy the syrup is calculated to be of special service, supplying the phosphorus for the formation of lecithin; as well as hæmatics, and the most invigorating tonics. In all cases of exhaustion of the nervous energy by overwork; where there has been a shock, or lesion lowering the activity of the nervous system; or the system lags in its development, as in backward children: this combination is distinctly indicated as increasing the amount of arterial blood circulating in the cerebro-spinal and organic nervous systems, as well as supplying the desired hæmatics. The effect upon the heart and respiration is such as to increase the chemical interchanges going on in the

system, and so to aid in the removal of waste or effete matter. It is thus well suited to those cases where there is imperfect blood-formation along with the presence of waste matter in excess in the blood, as in broken-down constitutions; especially where proper hygienic and dietetic arrangements are observed.

I.

CASE OF JAMES I. FELLOWS.

IN the summer of 1864, I was suddenly affected by a copious expectoration of muco-purulent matter. My health had been declining for some time, the following symptoms being present, viz., nervous prostration, dyspepsia, night-sweats, loss of memory, and cough early in the morning. As my business was that of a dispensing chemist, the place was constantly visited by medical men, by whose advice I used in turn, horseback exercise, country life, eggs and ale in

the morning, tonics, Bourbon whiskey, cod-liver oil, electricity, tar, and various inhalents. My chest was frequently examined, and the disease pronounced by some chronic bronchitis; and by others tubercular disease of the lungs, and the trouble located where the pains were felt. The expectoration became profuse and offensive, occasionally streaked with blood; as the case became more marked, cold chills, diarrhœa, dyspnœa, loss of sleep, loss of appetite, and general prostration were experienced from time to time. My weight was reduced from 158 to 135 lbs.; the heart's action was feeble, the pulse intermittent, and flatulency and acidity were very troublesome.

Having heard of well-authenticated instances where the post-mortem examination revealed a cicatrix in the lung, the subject, having been a consumptive, yet ultimately dying from another cause; it was evident that consumption was curable, in some instances at least. Experiments had been instituted with a view to obtain the constituents of nerve and tissue in a form easily assimilated, which would continue to benefit without impairing any one of the functions, no matter how long its use might be prolonged; and thus, by supplying the waste and strengthening the general system, overcome the disease. When it is understood that these experiments were begun while I was labouring under a diseased mind as well as body, the fact of its taking six months to perfect the remedy will not

appear singular ; notwithstanding most of the components were taken separately during that period. I sought to restore healthy digestion, and respiration, and regulate the heart's action ; and at the same time to correct the anæmic condition.

After succeeding in compounding such a preparation, and finding my health so much improved under its influence, I determined to apply myself solely to its manufacture, and hence the origin of Fellows' Hypophosphites.

The improvement was made manifest, by increased appetite, easy expectoration, and better digestion ; the diarrhœa ceased, and the cold chills and night-sweats disappeared. I gained in weight, the hacking cough left me, refreshing sleep returned, my spirits became buoyant, the mind more vigorous. I continued its use over three years, and only discontinued it after the expectoration ceased, which was consequent upon a calcareous deposit, which I coughed up in March, 1868. At that time my weight was 188 lbs., being 38 lbs. above my previous normal condition. Since then no symptoms have appeared denoting disease except the expectoration, which came on from time to time during nearly twelve months, and then stopped.

JAMES I. FELLOWS,
OF "FELLOWS' HYPOPHOSPHITES."

EXTRACTS FROM MEDICAL JOURNALS.

II.

From the "LONDON LANCET."—"Fellows' Syrup contains the hypophosphites of iron, quinine, strychnia, manganese, lime, and potash—the strychnia amounting in a dose of one drachm, to one sixty-fourth of a grain. The preparation therefore includes a number of powerful nervine tonics. The reaction of the preparation is practically neutral—an advantage in many cases where the acid solutions of quinine and iron are objectionable or inadmissible. The compound is skilfully prepared, and the difficulties of keeping the remedies which it contains in solution, and in a form in which they are not liable to change, have been very successfully overcome."

Extract from the "LANCET," July 23, 1881.—
"May be given with confidence in cases of nervous debility, especially when arising from sexual debility."

III.

From "THE BRITISH MEDICAL JOURNAL," London.
—"A physician who has employed Fellows' Hypophos-

phites with benefit confidently recommends it as an excellent tonic in the debility of phthisis and strumous conditions generally."

IV.

From "THE LONDON PRACTITIONER," *June, 1880.*

FELLOWS' SYRUP OF HYPOPHOSPHITES.—This preparation is composed of the hypophosphites of iron, quinine, strychnine, mangarese, lime and potash. Each drachm contains a proportion of hypophosphite of strychnia equal to one sixty-fourth of a grain of the pure alkaloid. The difference in action between the phosphates and the hypophosphites has been recognised by the introduction of hypophosphites into the British Pharmacopœia; and this preparation is intended to present the tonic and nutritive bases which it contains in the form of hypophosphites, so as to increase the medicinal powers which they would have even in the form of phosphates.

V.

FELLOWS' HYPOPHOSPHITES.—This preparation combines phosphorus and strychnia in a very palatable and reliable form, especially adapted to the

treatment of nervous affections, as well as a valuable auxiliary in bronchial and pulmonary diseases.

The sentiment of the Profession here is decidedly favourable to this preparation, and we do not hesitate to recommend it.—*Editorial, Buffalo (N.Y.) Medical and Surgical Journal*, May, 1880.

VI.

From "AMERICAN MEDICAL JOURNAL."

FELLOWS' COMPOUND SYRUP OF HYPOPHOSPHITES.

—*Composition*.—Hypophosphites of iron, quinine, strychnia, manganese, lime and potassa, reagents, and sugar. Each teaspoonful contains $\frac{1}{64}$ of a grain of pure strychnia.

In a previous number of the Journal, we called attention to the virtues of strychnia in certain forms of neuralgia, pointing out such cases as might be relieved more speedily, and cured more permanently with strychnia than with any other drug. The formula we used was as follows: Tinct. strychnia comp. of American Dispensatory, ʒiv. ; tinct. cardamom comp., syr., simplex, *a a ʒvj.*, M. S. From half to one teaspoonful every three to six hours. This is an admirable prescription, and in cases of neuralgia where there is no febrile movement, the

patient suffering from severe pain, exhaustion, anæmia, general debility, it will better the condition at once. But recently, I have been using the compound named in the heading of this article, and I find it to be a very pleasant and satisfactory substitute for my old prescription. In fact, it is more pleasant to the palate, more acceptable to the stomach, and really supplies the wants of the system in such cases as demand this class of remedies. It is no patent medicine, but is put up for the Profession, and is on sale at all the principal drug houses in the country.

A routine or recipe practice is to be abhorred by all scientific practitioners, but we should always have on record, or in our minds, classified lists of drugs, and combinations of the same, that we may be able to apply the right thing at the right time.

A few days ago we were informed of a case where the patient, an elderly gentleman, suffered from cerebral anæmia. He felt all right while in a recumbent posture, but as soon as he assumed the erect position, he felt uncomfortable, and had to lie down. Nitrite of amyl would give temporary relief, but only temporary. Various measures were tried, and, finally, hypophosphites were administered, with immediate and lasting relief. Brain food was needed, and the hypophosphites furnished it—supplied the demand—and the patient was relieved. We mention these

things that physicians may be on the look-out for *special indications*, and endeavour to be able to meet them with *direct remedies*.—*The American Medical Journal*, St. Louis, Missouri, March, 1880.

VII.

From the "LONDON MEDICAL TIMES AND GAZETTE,"
May 14, 1881.

SYR. HYPOPHOS. Co. (FELLOWS').—The value of iron, quinine, strychnia, and lime as pharmaceutical preparations is now established beyond dispute. One of the difficulties in the way of their administration has hitherto been their unpalatable taste; and this is especially felt among children, who have to submit to a long term of treatment. Our thanks are therefore due to those who busy themselves with the manufacture of preparations which, without interfering with the remedial nature of the drugs, nevertheless deprive them of their nauseous taste. Fellows' syrup certainly merits a high place among drugs of this kind; for it is an elegant and palatable form of medicine which even children take without any difficulty. We have tried it in many cases of lowered vital power, such as the debility which follows on diphtheria, with marked and speedy benefit; also in scrofulous disease necessitating long confinement to

the house. In these latter cases it may be advantageously combined with cod-liver oil, with which it mixes in all proportions, and which it disguises and renders more palatable. In adults, after fits of alcoholism, it is a remedy of great value, and soon "pulls them together" again. We can confidently recommend the syrup as one which contains very active ingredients in an agreeable form. The London address of Messrs. Fellows' agents is Snow-hill, but the preparation is to be had of all chemists.

VIII.

Extract from a Lecture on RACHITIC DEFORMITIES, delivered at the "National Orthopædic Hospital," London, by OSMAN VINCENT, Esq., M.R.C.S., Eng. F.R.C.S., Ed. Surg. National Hospital Deformed. Reported in the "LONDON MEDICAL PRESS AND CIRCULAR," 20 Oct. 1880.

After referring to the food most beneficial to the Rachitic patient, the Lecturer proceeds:—"Lime water to the extent of a quarter in bulk should form part of all fluids drunk, and 'Parrish's Chemical Food,' consisting as it does of the phosphates of iron, lime, soda, and potassa is a preparation of great value in cases of rickets. I have been using lately as an

experiment Fellows' Compound Syrup of Hypophosphites, which, in addition to the above drugs, contains quinine, strychnia, and manganese, and have found it better digested by children, many of whom are unable to retain the somewhat crude preparation of the Parrish's Chemical Food."

IX.

From the "LONDON SPECIALIST," April 1, 1881.

FELLOWS' COMPOUND SYRUP OF HYPOPHOSPHITES.—We have examined a sample sent to us of this preparation, and, after a fair trial, have arrived at the conclusion that it has not been spoken of too highly.

It is a combination of the Hypophosphites of iron, quinine, strychnine, manganese, lime and potash; and is an admirable tonic for the nervous system and digestive organs, and very highly recommended by eminent physicians in all parts of the world. The profession should beware of spurious imitations.

HYPODERMIC INJECTION OF MORPHIA.

X.

From the "LANCET," June 11, 1881.

Your correspondent "J" asks how best to ward off sickness following subcutaneous injection of morphia. I have extensively used the hypodermic method for twenty years. I would suggest nervine tonics both as food and drugs: as forming part of food, malt extract and cod-liver oil; as medicine, Fellows's Syrup of Hypophosphites, three times a day, given an hour before the injection; to persevere for some time. Electricity should also be tried to the painful part.

I am, sir, yours faithfully,

T. HUGHES, M.D.

DINORWIC HOSPITAL, LLANBERIS, JUNE 6TH, 1881.

XI.

From the "MEDICAL PRESS AND CIRCULAR" (London),
July 13, 1881.

SYR. HYPOPHOS. Co. (FELLOWS').—This Syrup was devised by Mr. Fellows, a Canadian chemist, as a combination of the Hypophosphites with several

bases, his object being to include in a single dose the medicines prescribed by his physicians for his own case. It comes to us strongly recommended by Canadian and American physicians, and possesses some points which, we think, will make it acceptable in this country. Thus the bases iron, quinine, and strychnine, well known to be often useful in combination, are supplemented by manganese, calcium, and potassium. Manganese is an excellent adjunct to iron. Calcium and potassium, while supplying the wants of the economy, have been specially commended as bases for administration in the form of Hypophosphites. The use of these salts has certainly increased of late years, and there are cases in which the combination with iron, quinine, and strychnine would seem to meet the indications. There is another point in this preparation which distinguishes it from others, viz., its slight alkaline reaction, which must make it frequently far preferable to the acid syrups which, in default of such a preparation as this, have been employed. No therapist now pretends that phosphoric acid is possessed of the properties attributed to the Hypophosphites.

In another issue, the same Journal remarks—“A preparation well deserving of the notice of practitioners.”

XII.

JAMES YOUNG, M.D., L.R.C.S., F.R.S.A., &c., &c.,
Author of "Medical and Surgical Memoranda."

14, AINSLIE PLACE, EDINBURGH, SCOTLAND.

I consider "Fellows' Compound Syrup of the Hypophosphites" to be one of the most elegant and useful preparations of the day. Its therapeutic action has been well marked in very many cases of nervous and physical exhaustion, which have come under my care during the last six or eight months. In not a few, the patients have made decided progress and derived great benefit. I have no hesitation in saying that this Syrup has already taken a high place as a remedial agent.

JAMES YOUNG, M.D.

XIII.

From ALEXANDER FILSON, A.B., M.D., M.C., L.M.,
Medical Officer, Portaferry Disp. District.

COUNTY DOWN, IRELAND.

June 4, 1881.

DEAR SIR,

I have frequently used your Syrup of Hypophosphites with very great satisfaction to both patients and myself.

Faithfully yours,

ALEX. FILSON.

To MR. FELLOWS.

XIV.

BINGLEY, ENGLAND, *Nov.* 13, 1880.

I have in many cases used the Syr: Hypo: Fel: and have been satisfied with its effects in every instance.

JAMES CROCKER, M.R.C.S. Edin.

XV.

From J. MILNER FOTHERGILL, Esq., M.D., Senior Asst. Phys. to the City of London Hospital for Diseases of the Chest, Author of "Practitioner's Handbook of Treatment," &c., &c.

April 7, 1881.

The combination (Fellows' Hypophosphites) is an excellent one, the best yet made—to my knowledge. It is a happy thought. It is a good all-round tonic, specially indicated when there is nervous exhaustion. It is readily digestible, and has given much satisfaction in my experience of it.

In addressing himself to the profession *solely*, Mr. Fellows takes a new departure which merits encouragement.

J. MILNER FOTHERGILL, M.D.

23, SOMERSET ST., PORTMAN SQUARE,
LONDON, W.

XVI.

From LAWSON TAIT, Esq., F.R.C.S. Eng. and Edin.,
M.S.S. Ireld., and Obs. S. Dub., Berlin, Surg.
Brm. and Med. Hosp. for Women, Cons. Surg.
W. Bromwich Hosp., Author of "Diseases of
Women," &c.

7, GT. CHARLES ST., BIRMINGHAM.

I have found Fellows' Syrup of Hypophosphites very useful in the special diseases of women where anæmia is the leading symptom.

LAWSON TAIT, F.R.C.S.

XVII.

From J. PARKER CROSSBY, Esq., L.R.C.P., Med.
Officer Sunderland Workhouse Hospital.

SUNDERLAND, *Ap.* 4, 1881.

DEAR SIR,

I was first induced to use your Syrup of Hypophosphites on the strong recommendation of a medical friend of great experience. I have not only given it a fair trial in the Hospital, but what is perhaps better testimony, I have used it in my own family. It is a most elegant and unique preparation, and fully justifies you in bringing it so prominently

before the Profession as a compound of infinite medical value not only in the diseases you name, but in others. A guaranteed combination of quinine, iron, strychnine, lime, potash, and manganese ought to be largely prescribed, as I have no doubt it will be, by all physicians.

J. PARKER CROSSBY, L.R.C.P.

XVIII.

From E. J. DAY, Esq. F.C.S., M.R.C.S., L.S.A.,
Med. Off. Health, Public Analyst, &c.

DORCHESTER, DORSET, ENGLAND,
October 2, 1880.

DEAR SIR,

Feeling it my duty to the medical profession, as well as to the public, to make known the effects of Fellows' Hypophosphites, I send you the results of my short but satisfactory experience. After using it in several pulmonary cases with good effect, I prescribed your Syrup for a middle-aged female patient, suffering from "MELANCHOLIA," who was, up to the time she commenced taking it, so bad that her friends and husband had made preliminary arrangements for her removal to an asylum; so great, however, was the improvement under the new treatment, which consisted solely in giving your Hypophosphites, that

she shortly was able to attend properly to her household duties: it is only right to mention, that the drugs prescribed before failed. Although your Syrup of Hypophosphites contains the active bitter tonics, with iron, &c., my young patients and invalids take the preparation readily. As a nervine tonic I consider it ranks very highly, and is a valuable addition to the list of pharmaceutical preparations. I can with great confidence recommend it in cases of general debility, consequently those gentlemen who dispense their own medicines should not be without it.

E. J. DAY.

To MR. JAMES I. FELLOWS, London.

XIX.

From J. WYBRANTS OLPHERTS, Esq., L.R.C.P.E.,
L.R.C.S., L.M., Government Surgeon for L.
M. & D. Districts.

ARMAGH, IRELAND,
LURGAN, Oct. 22nd, 1880.

MY DEAR SIR,

Having prescribed your Syrup of Hypophosphites in my practice, and having every reason to be satisfied with its good effects, I do not hesitate to say, I consider it a very valuable and excellent addition to modern materia medica.

It has been found in my hands particularly beneficial in cases of low nervous tone, and with those convalescing from debilitating ailments.

Your Hypophosphites was first introduced to my notice by my friend Dr. K——, Surgeon to the Mater Misericordiæ Hospital, Dublin. To avoid substitution in prescribing, I always write Syr. Hypophos. Fellows.

J. WYBRANTS OLPHERTS.

To MR. FELLOWS, LONDON.

XX.

ST. JOHN, N.B., *January*, 1868.

SIR,

For several months past I have used your Compound Syrup of Hypophosphites in the treatment of incipient phthisis, chronic bronchitis, and other affections of the chest; and I have no hesitation in stating that it ranks foremost amongst the remedies used in those diseases. Being an excellent nervous tonic, it exerts a direct influence on the nervous system; and, through it, it invigorates the body.

It affords me much pleasure to recommend a remedy which is really good in cases for which it is intended.

Z. S. EARLE, M.D.

MR. FELLOWS.

XXI.

From S. J. MOORE, Esq., M.D., F.P.S., Medico-Legal
Examiner for Lanarkshire.

15, BLYTHESWOOD SQUARE, GLASGOW,
4 April, 1881.

MY DEAR SIR,

I cannot speak too highly of your Syr. Hypo-
phos. Co. I prescribe it freely, and I find it very
digestible, and of much tonic power in cases of
anæmia, and when there is prostration of nervous
force from exhausting disease.

S. J. MOORE, M.D.

MR. JAS. I. FELLOWS, LONDON.

XXII.

PUGWASH, N.S., Jan. 14, 1868.

MR. JAMES I. FELLOWS.

SIR,

Having, while at your establishment, carefully
examined your prescription, and the method of pre-
paring your Compound Syrup of Hypophosphites, I
felt anxious to give it a fair trial in my practice.
For the last twelve months I have done so, and find
that, in incipient Consumption and other diseases of the

throat and lungs, its effects are very satisfactory. In restoring persons suffering from the effect of Diphtheria, and the cough following typhoid fever, prevalent in this region, it is the best remedial agent I have ever used. But for persons suffering from exhaustion of the powers of the brain and nervous system, from long continued study or teaching, or in those cases of exhaustion from which so many young men suffer, I know of no better remedy than your Compound Syrup of Hypophosphites.

EDWIN CLAY, M.D.

XXIII.

PITTSFIELD, ME., U.S.A., *March*, 1872.

MR. JAMES I. FELLOWS.

DEAR SIR,

During the past two years I have given your Compound Syrup of Hypophosphites a fair though somewhat severe trial in my practice, and am able to speak with confidence of its effects. In restoring persons suffering from emaciation and the debility following diphtheria, it has done wonders. I constantly recommend its use in all affections of the throat and lungs. In several cases considered hopeless, it has given relief, and the patients are fast recovering. Among these are consumptive and old

bronchial subjects, whose diseases have resisted the other modes of treatment. For impaired digestion, and in fact for debility from any cause, I know of nothing equal to it. Its direct effect in strengthening the nervous system, renders it suitable for the majority of diseases.

I am, sir, yours truly,

WM. S. HOWE, M.D.

XXIV.

RAVENNA, MERCER CO., MISSOURI, U.S.A.

May, 1879.

We have used Fellows' Compound Syrup of Hypophosphites with gratifying results in our practice, and cheerfully recommend it to physicians as a reliable and agreeable preparation in ague, intermittent fever, first and second stages of pulmonary consumption, in anæmia and general debility.

J. E. CALLAWAY, M.D.

JOHN L. GRIPLEY, M.D.

XXV.

I deem it a duty to state that Mr. —, of this county, had his right lung seriously affected with tubercular deposit, accompanied with night sweats, frequent hæmorrhage, copious expectoration and much

émaciation; the use of Fellows' Syrup of Hypophosphites seems to have arrested the progress of the disease almost immediately, the hæmorrhage has not returned, his appetite is excellent, and he is able to attend to his business as usual.

A. SMITH, M.D.

CAMPBELLTOWN, N.B., CANADA.

XXVI.

From a general knowledge of the prominent ingredients of Fellows' Compound Syrup of Hypophosphites, I formed such a favourable opinion as to be induced to recommend it to my patients as *preferable*, and more convenient than my own prescriptions of the Hypophosphites. For several years I have continued to prescribe it, in many cases with very beneficial results. Since, upon solicitation, I was afforded a more intimate knowledge of the composition of this Syrup of Hypophosphites, I have used it freely in my practice, both in diseases of the chest—as consumption and bronchitis, &c.—and in infantile diseases of the *prima via*, or stomach and bowels, with eminent success, considering it superior to any similar preparation yet offered to the public.

CHANDLER CRANE, M.D.

HALIFAX, NOVA SCOTIA.

XXVII.

CHIPMAN, QUEEN'S COUNTY, N.B.

MR. JAMES I. FELLOWS.

SIR,

In the practice of medicine I have recommended your Compound Syrup of the Hypophosphites, and have found invariably the following results:—

Greater freedom to the action of the lungs, increased and more easy expectoration in cases indicated by dry cough, and decided augmentation of tone to the whole nervous system.

I can safely and consistently recommend your preparation in a variety of cases, especially for chest diseases, having successfully prescribed it in bronchitis, asthma, debility from liver complaint, debility from fevers, and debility from impoverished blood.

JAMES SALMON,

Practising Physician and Surgeon.

XXVIII.

“I have used Fellows' Syrup of Hypophosphites in cases of Consumption and other lung and throat diseases, with the most gratifying results. Of the various forms of administering phosphorus and phos-

phatic preparations in use, none have been found so completely adapted to the requirements of the age."

ELDRIDGE SIMPSON, M.D.,
HUDSON, N.Y.

XXIX.

LITTLE ROCK, ARK., *June 10th*, 1880.

JAMES I. FELLOWS.

DEAR SIR,

I have employed your Compound Syrup of Hypophosphites in the treatment of diseases characterised by general debility, with emaciation and nervous exhaustion. It has proven itself to be an efficient tonic, meeting and combating successfully all the indications for which it is recommended.

J. J. JONES, M.D.

XXX.

BOONSBORO, WASHINGTON COUNTY,
MARYLAND, *Dec. 28*, 1880.

MR. FELLOWS.

SIR,

Some time ago I prescribed your Hypophosphites to a lady patient suffering from an affection

of the lungs, with nervous debility. She lived near my office, so that I had a good opportunity to see her often and watch its effects. I can truly say nothing could have acted better. Though a little bitter to the taste, my patient did not mind this, under the conviction that it was doing her a great deal of good. In a short time her appetite improved, her digestion was much better, and her general strength increased, while her cough decreased.

After all, Consumption, in a great measure, must be cured by the conversion of food into good life-giving blood, and this cannot be accomplished except through the aid of the digestive powers.

Your Hypophosphites fulfils this indication, and I can heartily recommend it to the Profession.

H. B. WILSON, M.D.

XXXI.

21 *Mar.*, 1880.

In condition of anæmia, in convalescence from severe and protracted disease, especially in chronic diseases where there is great general debility, and in the enfeebled condition attending pulmonary tuber-

culosis, I have observed very desirable results from the use of your Syrup of Hypophosphites. I use it extensively in my practice, and it gives the greatest satisfaction, covering a wider range of application than any other preparation within my knowledge.

J. W. YOUNGE, M.D.

FORT WAYNE,

To JAS. J. FELLOWS, *Chemist*.

INDIANA.

XXXII.

From DR. TRESTRAIL, F.R.C.S., F.R.C.P., L.F.P.S.
and L.M., Lond., Author of "Dilatation of the
Perinæum," &c., &c.

WALMER HOUSE,

ALDERSHOT, ENGLAND.

I have been very much pleased with the Syr. Hypophos. Co. Fellows in many cases, especially in those of anæmia consequent upon severe hæmorrhage. It quickly restores the quality of the blood, and gives tone to the system, the effect upon the appetite and digestion being very marked.

H. ERNEST TRESTRAIL, F.R.C.S.

XXXIII.

From T. HUGHES, Esq., M.D., M.R.C.S., L.S.A.,
L.M.

DINORWIC HOSPITAL, LLANBERIS.

August 27, 1881.

DEAR SIR,

I have been using your Hypophosphites for some years with increasing confidence in its efficacy, not only in phthisis and bronchial affections, but also in affections of the brain and nervous system. I know of no other preparation equal to it as a general tonic in debility resulting from disease. I think it invaluable in cases of *broken heart*, or in nervous exhaustion due to *too much brain work*.

I am, yours truly,

T. HUGHES, M.D.

To MR. FELLOWS.

XXXIV.

Letter from HENRY F. COLLIGNON, Esq., M.D.,
Physician to the United States of America Legation, Belgium.

24 RUE DES CHEVALIERS, BRUXELLES.

August 9, 1881.

MY DEAR SIR,

I am most happy to let you know that I have prescribed your Syrup of Hypophosphites for several

months, and that I consider the preparation a valuable tonic in cases of general debility and of nervous exhaustion.

Children take this medicine without trouble, and after some time seem to like it very much.

I have myself taken your Syrup and derived much benefit from its use.

I must thank you for the number of bottles you have kindly allowed me, for my poor patients.

Believe me, dear sir, sincerely yours,

HENRY F. COLLIGNON, M.D.

To MR. JAMES I. FELLOWS.

XXXV.

From I. P. McINTIRE, Esq., M.D. and C.M.

PERTH, SCOTLAND,

June 2, 1881.

MY DEAR SIR,

I have had a great deal of experience of your Syrup of the Hypophosphites, having used it a great deal, and have at present seven patients under it. I consider this one of the most valuable medicines we possess, not only for chest affections, but also for glandular disorders of the bowel.

I am, yours truly,

J. P. McINTIRE.

To MR. JAS. I. FELLOWS.

XXXVI.

Extract of a letter from MATTHEW FRANCIS, Esq.,
M.R.C.S., L.S.A.

SUNDERLAND, ENGLAND, *May* 31, 1881.

MY DEAR SIR,

I have to state that I have already successfully employed your Syrup of Hypophosphites in cases of chronic bronchitis. Some of the most important affections have been those of nervous debility affecting the younger classes of men, more especially those who are much confined at business and unable to have the outdoor exercise so essential to their welfare. I have recently employed it in a case of chorea with marked benefit.

I am, my dear sir, yours truly,

MATTHEW FRANCIS.

To MR. FELLOWS.

XXXVII.

Extract of a letter from GEO. C. PHILLIPS, Esq.,
M.D., Chief Health Officer.

LEXINGTON, MISS.,
UNITED STATES, AMERICA.

MR. JAS. I. FELLOWS.

DEAR SIR,

I find your Syrup one of the most effective preparations that I have ever used for general

debility, and especially beneficial in what is commonly called "chronic chills," so common in this region, and also in dyspepsia dependent upon malaria. I am highly pleased with it, and have recommended it to my brother physicians in this place.

Yours very truly,

GEO. C. PHILLIPS, M.D.

XXXVIII.

Extract of a letter from E. W. DENTON, Esq.,
L.F.P.S., L.S.A., L.M.

HIGHFIELD GROVE, HEMSWORTH, PONTEFRAC.

May 30, 1881.

DEAR SIR,

Relative to your Hypophosphites I can only say I have now given them a fair trial, and in *two cases* (where sisters had died in consumption) every symptom had set in to cause fear of their suffering from the same disease; cough, expectoration, night sweats, &c., and after a few doses the patients *themselves* stated they "could feel each dose doing good." These two patients are now quite convalescent, having taken only three ʒviii bottles.

Believe me to be, faithfully yours,

E. W. DENTON.

To MR. FELLOWS.

XXXIX.

From ALEX. HODGKINSON, Esq., M.B. Edin. and
C.M. (Sen. Grad.) 1873, Hon. Phys. to Hospital
for Consumption and Diseases of the Throat,
Manchester, England.

DEAR SIR,

I have pleasure in adding my testimony to
the value of your Syrup of Hypophosphites as a
reliable restorative tonic. I have given it a fair
trial both in hospital and private practice, and notice
an absence in its action of the chief objectionable
effects consequent on the use of some of its in-
gredients when given alone or differently combined.

I am, yours very truly,

ALEX. HODGKINSON, M.B.

MR. JAMES I. FELLOWS.

XL.

From WILLIAM WALLFORD, Esq., M.R.C.S. Eng.
20, LITTLE BRITAIN STREET, CITY OF LONDON,
26th April, 1881.

MY DEAR SIR,

It is with much pleasure that I bear testi-
mony to the excellent form of your Syr. Hypophos.
Comp.

I have now prescribed it for several months, and found it successful in most cases, more especially in *those of overworked brain*.

I can also speak for myself, having suffered much this winter from attacks of chronic bronchitis, with great dyspnœa, and finding relief from its use.

I feel fully justified in recommending it to my patients, as it is a convenient form of giving a medicinal tonic.

I am yours sincerely,

WILLIAM WALLFORD, M.R.C.S., ENG.

MR. JAS. I. FELLOWS.

COMMENTS FROM AMERICAN PHYSICIANS.

XLI.

Fellows' Hypophosphites is only to be known and tested to be appreciated. I have always looked upon it as a good preparation.

M. MORSE, M.D.
PATERSON, NEW JERSEY.

XLII.

I prescribed Fellows' Hypophosphites to a member of my own family some time since, and was so much pleased with the result, that it has been adopted in my practice, and with much satisfaction. It is by far the best preparation of Hypophosphites I have ever used. No objections to it in any manner have been made by any patients to whom I have prescribed it.

A. TINSLEY, M.D.

286, DRUID HILL AVENUE,

31 *March*, 1881.

BALTIMORE, MARYLAND.

CONSULTING OFFICE FOR CONSUMPTIVES.

XLIII.

WESTERN MEDICAL INSTITUTE,

CLEVELAND, O.

We were induced to prescribe Fellows' Syrup of Hypophosphites by Dr. McMaster; and its use has been attended with such satisfactory results as to warrant our employing it largely in our practice.

A. SLEE, SEN., M.D.

XLIV.

ORANGE STREET, ST. JOHN, N.B.,
June, 1869.

I had occasion to use Fellows' Hypophosphites in a case of aphonia, which would not yield to regular treatment; and it acted with expedition and to my entire satisfaction.

S. JACOBS, M.D.

XLV.

From WM. CAIRNS WICKS, Esq., M.B., Ed., and
C.M.L.R.C.P., Ed.; Phys. Children's Hospital,
Newcastle-on-Tyne, England.

PARK PARADE, NEWCASTLE-ON-TYNE.

I have used Fellows' Compound Syrup of Hypophosphites for a considerable time, both in private and hospital practice, and can speak most favourably of it.

It is an elegant and effective preparation, particularly useful in diseases of children where Hypophosphites are indicated, and from its palatableness it is readily taken.

I consider it a most excellent preparation.

WM. CAIRNS WICKS, M.B.M.C. (Edin.)

May 1881.

XLVI.

I strongly recommend the use of Fellows' Compound Syrup of Hypophosphites to all who suffer in any way from disease or weakness of the lungs, bronchial tubes, or general debility.

J. H. W. SCOTT, M.D.

GAGETOWN, N.B., CANADA.

XLVII.

Report of T. AGMOND VESEY, Esq., M.B. and A.B.,
T.C.D., M.C., L.M.K.Q.C.P., Ireland; Med. Off.
and Med. Off. Health, Rostrover; Admiralty Surgeon and Agent.

KNAPTON, ROSTROVER, IRELAND,

April, 1881.

SIR,

I have used your Syrup of Hypophosphites in many cases of phthisis and other pulmonary diseases, especially in those cases of pneumonia where the lung remains unduly consolidated after the acute symptoms have been subdued, and must say with benefit in all such.

Since October, 1879, I have had under my care over

one hundred cases of congestion of the lungs, with two deaths only (and both those advanced in life), therefore I have had ample opportunity of treating such in every stage.

In cases of nervous disease, especially in the aged, with threatening paralysis, I have had signal success in the use of the Syrup.

Yours faithfully,

T. A. VESEY.

To JAMES I. FELLOWS, LONDON.

XLVIII.

Reported by W. SWIFT WADE, Esq., L.R.C.P. Edin., L.F.P.S. Glas. and L.M., L.S.A. Lond., Med. Off. of Health (Urban), Wakefield, Med. Supt. Corp. Hosp. for Infnt. Dis. Wakefield, Yorkshire, England, with his permission to publish.

Mrs. A.—, February, 1881.—SUFFERING FROM PHTHISIS. *Symptoms*.—Frequent hacking cough, sputa streaked with blood, night sweats, emaciation, menorrhagia, frequent severe attacks of hæmoptysis, loss of appetite. ʒj of Syr. Hypophos. Fellows in a wineglassful of water three times a day. Has been

about six weeks taking the above, increase six pounds in weight, sputa seldom streaked, appetite improving, attacks of hæmoptysis rare and very slight, catamenia much improved, the emaciated look lost, countenance improved in appearance, getting her natural healthy look, and every appearance of restoration to health before very long.

XLIX.

F. W., *Medical Practitioner*.—PELVIC ABSCESS, ULTIMATELY POINTING IN PERINEUM:—refused to have it opened, commenced in latter part of October, pointed on December 26, 1880. During the period mentioned, lost (22 lbs.) twenty-two pounds weight, worn down by intense suffering, until he had every appearance of serious termination of his case, when the pointing of abscess and discharge of pus relieved him. From that time to present date has been taking Syr. Hypophos. Fellows, and is improving in weight and appetite, and is getting entirely over an intense depression of spirits almost amounting to *Melancholia*, which was a marked symptom all through the attack.

W. S. WADE.

YORK STREET.

L.

JOHN J. MURPHY, Esq., L.R.C.P. Ed.; L.R.C.S.
Ed.; L.A.H., Dub.; L.M. Dub.

18, HARCOURT ST., DUBLIN, IRELAND,
14th April, 1881.

DEAR SIR,

I have had considerable experience for the past four years in the use of phosphorus and its salts. I have been led to give your formula of the Hypophosphites a trial in cases of phthisis and nervous exhaustion, or both combined (which physicians often lose sight of). In miliary tubercle, second stage, and cases of degeneration, I confess I have more faith in large doses of dilute hydrochloric acid with conium, a formula long used by my friend the late Dr. Hudson, but if there were well-marked anæmia or symptoms of nervous exhaustion present, I would unhesitatingly prefer the Hypophosphites, especially your formula. In the *first* stage of any form of phthisis it is *invaluable*. Where the structure of the nervous centres, cerebral or spinal, is implicated, I give your Hypophosphites with great benefit, and I hope that you may be able to prepare them at even a cheaper rate, that the poorer classes in this country who suffer most from phthisis and nervous diseases, owing to exposure and want of nutritious food, may have the benefits of a

LII.

GEO. ROSS, ESQ., M.D.

RICHMOND, VIRGINIA,

31st March, 1881.

MY DEAR SIR,

I have already prescribed your Hypophosphites in my practice, and will take much pleasure in continuing to do so, believing the combination as exhibited in the formula to be one of the most valuable and beautiful to which we medical men have access in these days of intelligent and refined pharmacy.

I am yours, very truly,

GEO. ROSS, M.D.,

To Mr. JAS. I. FELLOWS,
LONDON, ENG.

791, E. FRANKLIN ST.

LIII.

J. LLOYD WHITMARSH, Esq., L.R.C.P., L.S.A., L.M.

CLAPTON SQUARE, LONDON, ENG.

DEAR SIR,

For some years I have in my practice used Fellows' Compound Syrup of Hypophosphites, and found it most successful in quickly restoring patients to perfect health, who have been suffering from great strain to the system.

It is invaluable as a restorative to lying-in women, and in all cases of exhaustion, as well as in chronic diseases of long standing.

I am able from my own experience to highly recommend its use to the profession.

Yours very truly,

J. LLOYD WHITMARSH.

LIV.

From L. L. SCAMMELL, Esq., M.D.

HOPKINTON, MASS., U. S. A.,

April 11, 1881.

DEAR SIR,

My health having been enfeebled and my nervous system somewhat shattered by (39) thirty-nine years of medical practice, I am in a position to report (having used your Syrup of Hypophosphites upon myself), that I have in a marked degree experienced its beneficial effects. It is evidently a *real* remedy, a genuine tonic, superior both in its form and its power to any similar preparation,

Very truly yours,

L. L. SCAMMELL, M.D.

To Mr. FELLOWS.

LV.

ARTHUR WATSON, Esq., M.D.; M.B.; C.M.; and
L.M.

ALEXANDRA ROAD, MANCHESTER,
ENGLAND.

Having employed Fellows' Hypophosphites in a few cases of general exhaustion, I have found the preparation in every instance, to do very much good, in the course of even a week's time.

ARTHUR WATSON.

LVI.

ROBERT W. PARKER, M.R.C.S. Eng., F.R. Med.
Chir. and Obs. S.; Asst.-Surg. E. Lond. Childrens' Hospital; Author of "Tracheotomy in Laryngeal Diphtheria."

8 OLD CAVENDISH STREET,
CAVENDISH SQUARE, *London, W.*

DEAR SIR,

I have used your Syrup of Hypophosphites in the Children's Hospital. I find that it is well taken, and consider it an important addition to our Pharmacopœial remedies. Combined either with Glycerine or Cod Liver Oil, it has proved itself an efficacious

remedy in Scrofulous diseases affecting bones or joints.

In the debility, which often follows on the exanthemata, and especially in that which follows diphtheria, I have found it a very useful tonic.

I must thank you for your present of the Syrup to the Hospital.

Yours faithfully,

ROBERT WM. PARKER.

MR. FELLOWS.

LVII.

From LENNOX BROWNE, F.R.C.S., Senior Surgeon to the Central London Throat and Ear Hospital; Surg. and Aural Surg. Roy. Soc. of Musicians. Author of "The Throat and its Diseases," "Medical Hints on the Production and Management of the Singing Voice," "The Mechanism of Voice, with Atlas," "The Mechanism of Hearing, with Atlas," and others.

36, WEYMOUTH STREET, PORTLAND PLACE,
LONDON, W., *June 10, 1881.*

To JAS. I. FELLOWS,

DEAR SIR,

As you are aware, I have long delayed writing to you any word regarding your Compound Syrup of Hypophosphites, because, although it came to me

most highly recommended by many eminent authorities, I was anxious to thoroughly satisfy myself as to its value by the tests of a sufficient number of cases, and of length of treatment, in the person of my own patients.

Taking it for granted that Hypophosphites are now recognised as most valuable medicinal agents, in the treatment of diseases threatening or assuming a tubercular character, there can be no doubt in my mind that your preparation possesses very many advantages over others of a similar character, as also that its combinations are most skilfully proportioned and therapeutically most useful.

The cases in which I have found it to be of service have been principally as follows:—

1. Strumous enlargement of tonsils and of other glands in the region of the throat and neck in children.

2. Debility with imperfect assimilation in connection with nasal polypi, post-nasal catarrh, and post-nasal adenoid growths.

3. Ozena, especially if of a scrofulous character.

4. Chronic congestion of the larynx, with disposition to relapse, and ordinary cases of liability to catarrh, or cold-catching affecting the voice.

5. Dyspepsia and debility of a nervous character affecting singers, clergymen, and others, whose voca-

tions call for considerable vocal effort often impaired by mere nervousness.

6. Several greatly varying forms of phthisis, especially those in which the tubercular manifestations first appearing in the throat interfere with the digestion and nutrition of the patient.

I have notes of several cases of each of these classes of disease, and of many others in which I have administered your Syrup, and having thus a considerable experience of the preparation, I have much pleasure in advocating its use by my professional brethren, with a confident expectation that their experience will be equally gratifying with my own.

Believe me, yours faithfully,

LENNOX BROWNE.

LVIII.

ST. JOHN, N.B., *January*, 1868.

I have no hesitation in recommending Fellows' Hypophosphites to my patients who are suffering from general debility, or any disease of the lungs, knowing that, even in cases utterly hopeless, it affords relief.

H. G. ADDY, M.D.

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SYR: HYPOPHOS: FELLOWS.

(Dispensed in Bottles containing 20 oz. by weight, or about 15 oz. by measure.)

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SOME AFFECTIONS
OF THE
ORGANS OF RESPIRATION

IN WHICH THE
SYRUP OF HYPOPHOSPHITES
(FELLOWS')

IS BENEFICIAL.

[FOR THE MEDICAL PROFESSION.]

PART II.

NEW YORK: 48, VESEY STREET.

PARIS: 5, RUE DE LA PAIX.

LONDON:

JAMES I. FELLOWS, 67, HOLBORN VIADUCT, E.C.

1882

To the Medical Gentlemen who have honoured me with the Reports and Testimonies which so greatly enhance the value of my publications, and to whom the works are respectfully dedicated, I tender the most cordial thanks, with the assurance that the contributions shall be used in such manner only, as is consistent with the ethics of the Profession.

JAMES I. FELLOWS.

LONDON, *July* 1, 1882.

SOME AFFECTIONS
OF THE
ORGANS OF RESPIRATION
IN WHICH
FELLOWS' SYRUP OF THE HYPOPHOSPHITES
IS BENEFICIAL.

LAST year a pamphlet on this syrup was issued to the Medical Profession, and since then many of the recipients have kindly sent to Mr. Fellows communications stating their experiences of his Syrup of the Hypophosphites. These have been so favourable, that it seems desirable to cast them into such form and order as may render them permanently useful in bringing the syrup into, even, more general use. It is very gratifying to find his labours so widely appreciated. Even a stronger testimony to the value of this syrup is furnished in its imitation by various firms. This, however, is not the place to enter into comparisons. The verdict may safely be left to the profession.

The present brochure is confined to diseases of the respiratory organs for which the syrup has been found beneficial. These comprise **asthma; emphysema; chronic consolidation of the lung: phthisis pulmonalis** in its three stages; (1) **consolidation of the lung**; (2) **softening of tubercular masses**; and (3) **cavities: chronic bronchitis; recurrent (slight) hæmoptysis; pleuritic effusions, including empyema: and the lung affections of children of strumous constitution, which often form the seat of tubercle in after-life.**

Thus it will be seen that a wide field of ailments lies before us, where this syrup may be prescribed with good prospects of success. Some indications will now be furnished as to when and where it is indicated as likely to be of service.

Asthma is a truly spasmodic affection, and due to a spasm, or contraction of the circular muscular fibres of the air-tubes, by which the calibre of the tubes is lessened; and so the breathing becomes laboured. This is a very trying malady; and when the attack passes off, it leaves the sufferer much enfeebled. Not only is the occurrence itself fraught with much discomfort, but it is followed by more or less, often great, prostration. It is well then to

prevent the paroxysm so far as it is possible to do so. The treatment is merely palliative, to relieve the system of the strain upon it. The great matter to aim at is the improvement of the sufferer after and between the attacks. This is best done by strengthening the system generally, and the nervous mechanism of the respiration especially. If this end can be achieved, then the system is endowed with power (first) to resist the causes which induce an attack; and (second) to endure and undergo the trial. The Syrup* of Hypophosphites is a direct nervine tonic supplying to the blood, in easily assimilable form, the salts which are desirable for this end; and also phosphorus in a pleasant form, easily broken up into free phosphorus for the building of the complex nitrogenous fat lecithin, so essential to the nervous system. The tonic effect, however, is not confined to the nervous system, but is felt by the muscles of the respiration which, by its use, are themselves better nourished; and therefore better able to struggle with the severe demand upon them entailed by each

* Note.—In speaking of “Syr. of Hypophosphites,” “Fellows’ Syrup,” “the Syrup,” &c., “Syr : Hypophos : Co : Fellows” is always meant.

recurrence of spasmodic asthma. This use of the Syrup of the Hypophosphites during the interval does not forbid its being taken during the attack; nor does its use in the attack interfere with the resort to the fuming remedies, as cigarettes, nitre paper, or Himrod's powder, often found so useful in breaking the spasm. It may be taken in teaspoonful doses at intervals of two or three hours during the existence of the paroxysm: while cigarettes of *datura stramonium*, or *datura tatula* are smoked; or squares of nitre paper are burnt; or while a pinch of Himrod's powder is fuming.

The shorter the attack, the less the subsequent exhaustion. A penny saved is a penny gained! The less the debility, the more readily does the patient rally and enter upon the course which leads, in the end, to the restoration of health. The stronger the patient, the greater the resistive power, and with that the immunity from disease; or, if an attack really does develop, the greater the power to struggle with it and cast it off. Much of the persistence of asthma is due to forgetfulness of these facts; and upon reliance being placed too solely on the fuming remedies, which palliate but cannot cure. If the syrup be taken persistently, the latter will be

found to be all the more efficacious when the time for their employment arrives.

Then there is another form of Asthma, more commonly spoken of as "being asthmatic," or "asthmatical." This is a permanent shortness of breath, aggravated at times, as by colds, and always felt upon exertion. This condition corresponds to "broken wind" in horses, and is correctly termed "**Emphysema.**" Here the air cells are distended, and often torn into each other so much that the elasticity of the lung is largely abolished, and the patient cannot empty the lungs properly. Never properly emptied of air the chest becomes barrel shaped in very marked cases, and the respiratory movements are very much diminished. Little "tidal air" passes in with each inspiration, and in marked cases the features show that the blood is very imperfectly oxygenated in consequence of the limited respiratory movements. This is a very common malady, because emphysema is apt to be set up whenever the respiration is embarrassed from any cause; whether from true asthma, chronic bronchitis, or congestion of the lungs from valvular disease of the heart. The laboured efforts to breathe lead to the distension of the air-vesicles and the rupture of

many of them, so that the individual is scant of breath ever after. While the patient is young the air vesicles are less liable to rupture, and much of the condition of distension is recovered from; but as age goes on this occurs to a less and less extent. To obviate such tearing of vesicle into vesicle it is well to improve the condition of the lung tissues, so far as this may be effected. This not only relieves the distressing sensation of shortness of breath, but it lessens the tendency to rupture in times of acute embarrassment of the respiration, in the future. To restore the natural nutrition of the lung-tissue is to enable it to recover its elasticity, so that the condition of emphysema left after attacks of acute bronchitis, or other passing maladies in which the respiration is embarrassed, and so an emphysematous condition set up, is much relieved. Neglect of this condition of emphysema following such acute attacks is a frequent cause of the permanent condition of lung being established. When the acute attack is passing away the Syrup of the Hypophosphites will be found of much service in attaining this end; as well as being a stimulant to the respiratory centre in the medulla oblongata, and a tonic to the ordinary and accessory muscles of the respiration. These

last are liable to become exhausted by the long and continuous demand upon them; and where the nutrition of the body is defective they are apt to be insufficiently nourished. As well as the emphysematous state of the lung, there is the debility of the muscular apparatus of the respiration to be calculated; and the two together leave the patient very weak and breathless, and often quite unfitted for any exertion. Under ordinary circumstances a long period of convalescence at the sea-side, or some health resort, is essential to recovery in these cases—that is, such recovery as is practicable under the circumstances. In cases of this nature the syrup will often give tone to the lung-tissue and the muscular fibre, and shorten the convalescence: a matter of considerable moment for those who must return to their work, or duties as soon as they can. In some cases the use of the syrup will even do away with the necessity for resort to the sea-side; in others it will reduce the time of the enforced holiday to the lowest minimum attainable.

In other cases where the condition of **vesicular emphysema** has become established, and the patient is incurably emphysematous, the same line of treatment is desirable; especially after any acute condi-

tion of lung embarrassment has occurred. The chest becomes inflated and the ribs curved outwards, while the respiratory movements are largely restricted to the (1) action of the diaphragm, and (2) the muscles of the neck, which drag the thorax bodily upwards. This is readily seen in a well-marked case of emphysema. The respiratory muscles of the neck are like thick cords, and stand out prominently under the skin; while the spaces between them are sucked in on each inspiration. The diaphragm is practically seen to descend, as the breathing is almost entirely abdominal. The intercostal muscles exercise little influence over the rigid curved ribs; while the inflated lungs have largely lost their elasticity; so that the thorax is to a great extent an immovable box, hauled upwards bodily on inspiration, while the diaphragm descends in a powerful contraction. In such a condition, when well marked, the respiration is a serious matter; the patient moves unwillingly; effort obviously entails suffering; even speech is avoided so far as may be. Frequently voluntary effort in breathing is necessitated when any effort is required; and the arms are rested, where practicable, to bring the pectoral and scapular muscles

into play, if speech is unavoidable. The extensive demands upon the muscular mechanism of the respiration under such circumstances form a severe tax upon the powers; and this syrup, containing strychnia, acts equally upon the nerve centres, and the muscles while the phosphorus and iron act favourably as tonics to the nervous system, and the body generally. The combination of the other salts, as potash, with the nervine tonics, renders this syrup admirably adapted for cases of atonic gout, combined with an emphysematous condition of the lung; whether there be some chronic bronchitis in the case, or not. The stimulant effect of the strychnia upon the respiratory system makes expectoration comparatively easy.

Mrs. H.—, *ætat.* 40, —, 1869, residing in St. John, New Brunswick, suffered severely from Spasmodic Asthma; during the paroxysms she was obliged to prostrate herself upon the floor and seize upon any stationary object, as the legs of a table or chair; this lady derived great relief from the use of the syrup, which lengthened the intervals while it shortened the duration and intensity of the attacks.

Dr. James Salmon, of Chipman, New Brunswick, reported the case of an aged person, subject to periodical attacks of Spasmodic Asthma, which confined him to his bed for several weeks every autumn; by the use of the Syr: Hypophos: Fellows, anticipating the attack, he was enabled effectually to ward it off.

See letter LXXX.

Chronic bronchitis is a malady, indeed, where such a tonic is clearly indicated, whether it be that form linked with emphysema, or that found with local consolidation and contraction of the lung. Here, whatever the condition of the lung-tissue, and the muscles of the respiratory mechanism, there is also the demand occasioned by the cough to expectorate the accumulations of phlegm, due to the state of the mucous membrane of the bronchial tubes. In almost all cases of chronic bronchitis, unless it be in florid, well-nourished persons of massive physique, such a combination as the syrup is clearly indicated, and Dr. Milner Fothergill, in his recent work on "Chronic Bronchitis, its Forms and Treatment," writes as follows:—"As an ordinary tonic, well adapted to cases of chronic bronchitis, Fellows' Syrup of the Hypophosphites, containing strychnia, is admirable, the phosphorus being useful in nervous exhaustion."

See letters (Treatise on Hypophosphites, 1881) Nos. V., XX., XXIV., XXXIII., XXXVI., XL., XLVI.

Also present treatise, LXVI., LXVII., LXXIV.

There are other conditions than those connected

with the air-tubes, and the lung-vesicles, where the syrup is useful; these are diseases of the structure of the lung.

The first of these is lung consolidaton—**Chronic Pneumonia**. A cold is neglected, and after a time the patient loses flesh, sweats at night; and on examination of the chest, the tops of one or both lungs, are found to be solid, from a growth of inflammatory cell elements in them. The future history of such new growths varies with the circumstances of each case. Repair may take place, more or less slowly, until in time the normal note on percussion is recovered, or nearly so; and on auscultation a harsh sound alone may tell of some earthy remains of the products of the past inflammation; or the consolidation may persist, doing little positive harm, and only impairing the lung capacity on any effort,—but with the danger always attendant upon a “weak spot,” viz., that it may some day break down, and become a source of danger to the system. Under these circumstances the mass may soften, and then suppuration may follow, and a condition known as “consumption” be entered upon.

See letter (Treatise on Hypophosphites, 1881) from J. A. Vesey, M D., XLVII.

It will be well to include this last condition under the head of **Phthisis Pulmonalis**. Its two first conditions only will be spoken of here. Betwixt the chronic inflammation of the top of the lung, and the same condition of lung, (so far as examination of the chest is concerned) when phthisis is to be feared, there is little distinction to be made; but much lies in the family history.

The thermometer, too, carries with it much diagnostic value. When the temperature is normal, then the fear that the growth is tubercular is small; when the temperature mounts and oscillates, there being a constant evening rise, then the fear is great. Still it may only indicate a small mass softening; and moist râles will generally tell that a softening process is going on near—indeed in close propinquity—to the bronchial tube, in which the râles exist.

In all apex-consolidation the general nutrition is of the utmost moment. If the system can be fed, then the danger is small. Good food, milk in liberal quantities, and blood-tonics are indicated. For this last end this syrup is specially fitted, from the combination of tonics, hæmatics, and salts in it. If the salts of the body are being lost in profuse night-sweats, then the syrup supplies them. Frequently indeed the night-sweats will be arrested by

the use of the syrup. When such is not the case, and the blood-salts are being drained away in the profuse sweats, then it is well to resort to the use of the *Liquor Atropiæ*, as advocated by Sidney Ringer and others. In doses of from one eightieth ($\frac{1}{80}$) to one fortieth ($\frac{1}{40}$) of a grain at bedtime, often even after a few nights, the atropia makes itself felt; any dryness of throat, or dimness of sight, or effect on the pupil being immaterial; except so far as the discomfort caused is concerned. This should be continued until their arrest is secured, let the time be long or short. The arrest of the night-sweats is usually followed by improvement of the appetite. It is well to continue the syrup under these circumstances until the patients regain their normal weight, and feel well. When the digestive organs have recovered their tone, then it is well to proceed to administer quantities of cod-liver oil, or cream, or other digestible fat. Mashed potatoes, with a good quantity of butter and milk; soups containing cream; stewed fruits and cream; milk-puddings eaten with milk and sugar, or with a good sized knob of butter as large as a Neapolitan walnut put into the pudding on serving it up at table; sandwiches cut thin, with the butter rubbed well in,

and then some potted meat spread over the buttered surface, form a kind of food well suited for these cases. Dr. Lauder Brunton, F.R.S., has pointed out how often a child looks with loathing on a thick slice of bread liberally covered with a layer of butter, and turns from it in disgust; when little dainty sandwiches, made as described, are readily eaten. Thin bread sparingly buttered and doubled is much more agreeable to the palate than a single thicker slice with the butter in one layer; as all know—or ought to know! When so spread and subdivided, the butter is less offensive to the delicate stomach than when in larger masses. Such sandwiches and a glass or cupful of beef-tea make a substantial meal, especially when the patient dislikes milk. Or buttered eggs; or a light boiled egg poured into a hot teacup in which a knob of butter has been melting, beaten up with some pepper and salt; are good with bread and butter, or cold toast and butter: and a glass of new whey for either adults or children. By such and similar means, the patient can often be tempted to take fat, and the stomach to tolerate it; when ordinarily all fat is rejected, unless it be in the form of cod-liver oil. Such attention to the dietary is most desirable in cases

of apex-consolidation in order to secure the good effects of the syrup to the full. To stop the night-sweats is indispensable to success. By the conjoint resort to these various measures many cases would be preserved from their ultimate fate, viz., breaking down of the solid portion of the lung; hectic fever; and exhaustion—perhaps only after years of comparatively good health.

Far more important still is it to attend to all these matters when a family tendency to phthisis exists along with this apex-consolidation. Then the case is rather one of **Phthisis**, and the look-out is far graver, and the accompanying symptoms of worse omen. The same course of softening of the neoplasm or new growth, spoken of above, is in these cases infinitely more likely to happen, and is less tractable to treatment. In the first stages the syrup should be given with every meal, and these should be numerous (five at least) daily, but the dose should be reduced in quantity, as the times of administration are more frequent, at the discretion of the medical attendant, the food to consist of the materials spoken of above, with white meat, sweetbreads when attainable; and some brown meat when the appetite is good and the digestion fairly capable.

The night-sweats must be attended to strictly. By such active measures the affected lung may be saved from the process of softening in many cases.

See letters (Treatise on Hypophosphites, 1881) Nos. I., III., V., XX., XXII., XXIII., XXIV., XXV., XXVI., XXVIII., XXX., XXXIII., XXXV., XXXVI., XLVII., L.

Also present volume, Nos. LX., LXIV., LXV., LXX., LXXV., LXXVII., LXXVIII., LXXXIV., LXXXVI.

But even if the case has not been attended to at its early stage and the proper measures adopted, so that actual softening of the morbid mass is established, the syrup is still useful: though of course to a less extent than in the early stages. Its use improves the nutrition, encourages a growth of healthy tissue around the softening masses, and so limits the area of the morbid process. Especially may this be done if cod liver oil can be tolerated (see formula Cod Liver-Oil and Hypophosphites in directions around each bottle), and the first requisite for healthy tissue-building be present in the blood. If the tongue be raw and irritable the greatest care in diet is requisite. Beef tea with some food consisting of baked flour, Ridge's, Lloyd's, Oetli's, or Nestle's, is good; milk with soda-water, or lime-water—sometimes the carbonic acid is grateful

to the irritable stomach, sometimes the fixed alkali suits better. The night-sweats must be controlled when present.

Cases are reported wherein this preparation has been used with advantage in Night Sweats.

See letters (Treatise on Hypophosphites, 1881) Nos. I., XXV., XLVIII.

In such a condition of hectic fever the antipyretic qualities of the quinine in the syrup come into play, and tend to check the high temperatures. If the temperature still rises, two grains of quinine three times a day, as well as the syrup, might be indicated. The persistent use of the syrup in these cases will in most instances produce very satisfactory results; much better than what are ordinarily attained. It is a mistake, however, to suppose that phthisis is a malady necessarily fatal. To find evidences of by-past mischief in the lungs is the common experience of the dead-house everywhere. Wilks and Moxon say, in their work on Pathology and Anatomy, "You will constantly find remnants of disease in the lungs of those we examine, showing that the affection under consideration is curable" (Phthisis). It has been calculated that remains of by-past lung mischief are found in

one-third of all bodies, old and young, which are examined after death.

The **hectic fever of softening tubercle** is often fraught with imminent danger to life, and when the family history is bad is very apt to prove fatal; if not vigorously attacked by appropriate remedial measures. In a number of cases, however, the softening process cuts into an air tube, and the pultaceous mass is expectorated in the characteristic sputum, leaving behind it a cavity. This may be a ragged affair with ulcerating edges, the suppurating process involving the lung around, a bad state of affairs; or the cavity may have fairly clean edges or walls, which, in time, become covered with a membrane. Under these circumstances again, the tonic properties of the syrup containing strychnia, iron, and phosphorus in a form readily giving off free phosphorus, and other salts corresponding to blood salts, is of incalculable value in keeping up the flagging powers; and enabling the patient to survive the storm. Its continued use will help the natural powers to limit the ravages in the lung, and to surround the cavities with healthy tissue. The syrup combined with good nourishing food in liberal quantities will often enable such repair to be accom-

plished, even in extensive cavities, and so give the patient a prospect of life.

The nutritive effect of this syrup is attested to in numerous cases.

See letters (Treatise on Hypophosphites, 1881) Nos. IV., VIII., XXX., XXXII., XLVIII., LVII.

Present volume, LX., LXII., LXV., LXXVI., LXXVIII., LXXXIV.

If it be possible, at the same time, to seek a healthy residence and favourable surroundings, even very bad cases may rally from their downward course. The numerous constituents of the syrup fit it for such cases better than any other combination. Consequently, when away from their medical adviser the syrup has much to recommend it for persistent use in such cases. A complaint urged vigorously by many against health-resorts is that the proper remedial measures are given up there, and all is left to the effects of the climate; instead of both being made to work together for the patient's benefit. This is more important in many cases, because the patients cannot afford to remain long at the health resort. They cannot take the climate away with them on their departure; but they can carry their bottle of hypophosphites with them wherever they go. If the patients who go to

health resorts were all put upon a proper course of medicinal treatment, tried and found to agree with them, by their own medical men before they went to these foreign health resorts,—with strict orders to continue it right away through their residence, and to return home if this is stopped by the local physician,—they would derive much more benefit therefrom than is at present the case. For such invalids in the various phases of phthisis, and for sufferers from chronic bronchitis, this syrup is clearly indicated as a tonic to be taken for some considerable time; whether at home, or at a health resort.

This syrup has been very efficacious in cases of **recurrent hæmoptysis**. Hæmoptysis of the most grave and serious character rarely occurs twice. There are other cases, however, where the loss of blood is not such as to immediately threaten life; yet where it is sufficient to be very weakening, as well as alarming. Such “**blood-spitting**” is apt to be recurrent from time to time. In many of such cases this syrup has produced the most desirable results.

Cases of Hæmorrhage are reported in *Treatise on Hypophosphites*, 1881, Nos. XXV., XXXII., XLVIII.

Present volume, LXVI., LXXXIV.

Another condition of disease within the chest where the syrup is useful is in **Affections of the Pleura**. Pleurisy commonly clears up by absorption of the fluid effused into the cavity of the pleura; and tonic medicines are of great service in helping to attain this desirable end. At other times the fluid is rather pus than serous fluid; and this condition of pus (or matter) in the pleural cavity is known as **Empyema**. It is frequently accompanied by night-sweats, loss of flesh, and indeed the symptoms associated with pulmonary phthisis. Consequently this syrup is also indicated here, giving tone to the system generally: and improving the respiration, which is embarrassed by the presence of the fluid in the chest, diminishing the thoracic space. This condition is not one which passes away very readily, and here the persistent use of the syrup is desirable for the removal of the matter by absorption. When an opening has been formed by the efforts of Nature, or by the knife of the surgeon, the syrup is of great value in maintaining the strength, and so enabling the patient to endure the drain of pus which is the result of the opening. Cases of empyema which are neglected go on for years, incapacitating the patient from any active work in life—often fatal in the end.

Affections of the Chest in delicate Children are always a source of anxiety to their parents and guardians. If not actually present, there is the well-founded dread of organic disease being established in the lung. There may or may not be any cough, but the child is thin and poorly nourished, and phthisis is to be feared. In other cases there has been hooping-cough, leaving behind it much delicacy of the chest. In such cases the syrup will prove of great value; and is readily taken by the child, when cod-liver oil and steel wine are rejected by the stomach. The child may be induced to swallow the mixture, but no efforts can make the stomach retain it. One man may take a horse to the water, but twenty cannot make him drink! Here the syrup often comes in useful. When the child can be got to take cod-liver oil as well (see directions Cod Liver Oil and Hypophosphites), then they may be taken together; or the syrup before food if the appetite be defective, and the oil an hour after meals. When the two are taken together, this should be an hour after meals.

The lung-complications of measles are notorious; and though comparatively few children actually die in the measles, many succumb to the subsequent

lung-trouble. A low inflammation creeps along betwixt and among the lobules of the lung in patches, and in many cases wears the child out. Very often there is much bulimia, or excessive voracity, the child constantly craving for food. Then there is much danger, and if appropriate tonics be not taken, life is before long gravely threatened. The child may recover, but it is with lungs so impaired that they easily take on more mischief as the child grows, and especially when the period of puberty arrives. Growth is a severe tax upon the powers of such children; and when the growth is rapid (growth consists in delicate children of leaps and intervals, rather than a steady regular increase in length and bulk), the child is "taken off its feet," in homely phrase—that is, it is so ill it has to keep its bed. When growth has reached the changes which puberty entails, then the delicate lungs are very apt to be further affected; and consumption threatens to show itself in the not-distant future. In all such cases the regular use of the syrup, especially at times of active growth, promises to add much to the little sufferer's prospects of life. In those cases where it has been taken such benefit has accrued from its use, as the accompanying testimonials

show. The regular systematic use of this syrup for delicate children contains much promise in the staving off of lung-complications, which, when the cases are left to themselves, or treated in an injudicious manner, too frequently cut them down before adult life is attained. The taste of the syrup is not so repugnant as to forbid children taking it freely.

In referring to children's diseases, it may be interesting to cite the case of a child seventeen months old, which was in a dying state, the case was one of Capillary Bronchitis, abandoned by the family physician as hopeless. Respiration was indicated by a tiny jerk of the head backwards at intervals, accompanied by a slight gasp, no pulse could be detected, and the limbs were limp and powerless. The syrup was administered in ten-drop doses, every fifteen or twenty minutes, largely diluted with water, a teaspoonful dose of the mixture finding its way by gravitation; in less than an hour a slight cough announced a return of muscular action, after which respiration improved and rapid recovery took place, the child was my own, and was thus restored in my presence, the utmost confidence is therefore felt in reporting the case.—JAS. I. FELLOWS.

See Nos. LXVIII., LXXX.

For tonic and nutritive properties of the Hypophosphites, see Nos. IV., XV., XXI., XX., XVIII., XXVIII., XXXIX., LIV., VIII.—Treatise on Hypophosphites, 1881.

Present treatise, LXII., LX., LXV., LXXI., LXXV., LXXVI., LXXVIII., LXXXIV., LXXXV.

This matter of taking lung-delicacy in good time,

and so preventing the oncome of actual organic mischief, or tubercle of the lungs, is one which deserves more attention than has hitherto been paid to it. The possibility of always being able to procure a remedy of excellent quality and uniform character, has now made inattention to delicate children more culpable than it was when a suitable remedy was a matter of chance. The syrup of the hypophosphites supplies the tonic indicated; and there seems every prospect that by its use myriads of children will be enabled to grow up into useful men and women; who otherwise might, and in all probability would, have perished in their teens from lung-disease—the result of imperfect nutrition.

LX.

From the "BIRMINGHAM MEDICAL REVIEW."

July 1, 1882.

Syr : Hypophos : Fellows. This excellent Compound, as prepared by Mr. Fellows, may be fairly described as the "ne plus ultra" of tonics, combining as it does all the valuable constituents of Easton's and Parish's preparations. It is deserving

of a high place in the treatment of all diseases marked by debility, loss of appetite, and anæmia; especially in consumption and in convalescence from acute diseases.

LXI.

Article written by G. F. Duffey, Esq., M.D. Dub.; F.K.Q.C.P.I., Physician to Mercers' Hospital, Dub.; Examiner in Materia Medica, K.Q.C.P.I.; and to the Phar. Soc. of Ireland; Lecturer on Materia Medica, Carmichael College of Medicine; Examiner in the Institute of Medicine in the University of Dublin, 30 Fitzwilliam Pl.

SYR: HYPOPHOS: FELLOWS.—"This preparation has now been for so long a time in the hands of the profession that an accurate opinion may be formed almost from that fact alone as to its merits. A somewhat extended use of it by ourselves has satisfied us that it is a remedy of great value as a tonic and a stimulant. We have given it to children during convalescence from some of the various forms of infantile continued fever, and after the exanthemata, with excellent results. Indeed, in suitable doses, it seems to be one of the best and most easily administered tonics for delicate children.

In cases of incipient and threatened pulmonary phthisis we have found it agree very well; and it has been retained by the stomach, and apparently given tone to that organ, in cases in which some of the mildest tonic preparations of the British Pharmacopœia could not be tolerated. , One great advantage of Fellows' syrup is that its composition is known, constant (as far as we have been able to judge), and stable. Some imitations of it that we have seen certainly did not possess the latter essential quality."—*Dub. Med. Journal*, Aug. 1882.

LXII.

(*Translated from the French.*)

From DR. LÉOPOLD SERVIAS, Chirurgien Opérateur
and Orthopédiste.

ANTWERP, BELGIUM,
21 June, 1882.

MR. FELLOWS,

DEAR SIR,

Please receive the accompanying certificate. I will do anything possible in recommending your excellent preparation. The director of a large establishment here has been cured from chronic Dyspepsia and her powers restored within three months.

Yours truly,

L. S.

Copy.—I, the undersigned physician and surgeon residing at Antwerp, Belgium, declare that I have prescribed the Syr: Hypophos: Fellows, to strengthen the constitution of many weak people under my treatment. I can attest with all sincerity that this remedy has appeared to me to give results superior to any other tonic preparation. In virtue of which I give the inventor the present certificate, and congratulate him at the same time for the service he has rendered to humanity.

DOCTEUR LÉOPOLD SERVIAS.

LXIV.

(Translated from the French.)

From JULES FELIX, D.M.C.A., Household Physician
to the King of the Belgians.

BRUSSELS, BELGIUM,
June 17, 1882.

MR. FELLOWS,

I have employed with success your Syrup of Hypophosphites in certain cases of Paralysis, resulting from cerebral apoplexy, or chronic affection of the spinal marrow. I think that your Syrup of

Hypophosphites might replace with advantage the preparations of pure Phosphorus, where that drug cannot well be supported by invalids attacked by pulmonary tuberculosis. In any case, Sir, your preparation has so powerful an effect, that it should never in my opinion be administered without the order of the Physician, who should always mark its action attentively.

I am, Sir, yours truly,

JULES FELIX.

LXV

(Translated from the French.)

Extract from an article on "Phthisis Pulmonalis" in "Répertoire des Traitements Nouveaux," page 135. Brussels, 1882. By Dr. J. VINDEVOGEL, Membre fondateur et ancien membre du Comité directeur de la Société royale de Médecine publique du royaume, fondateur et rédacteur en chef du journal "L'Organe de la Confraternité médicale." Author of "PHTHISIE ET TUBERCULOSE—PATHOGÉNIE ET TRAITEMENT."

"THE special bent of my medical studies, and the deep convictions I have acquired as a result of my

researches on the pathogeny and etiology of diseases of the chest and blood, have left no doubt upon my mind respecting the predominating influence of a bad state of nutrition over the commencement and progress of the states of tuberculization and general pulmonary and organic phthisis. I have embodied this impression in my writings upon *Consumption and Tubercular Phthisis—Pathogeny and Treatment*, wherein I affirm the doctrine of “organic dyscrasia,” advocated likewise by the eminent Dr. H. Libert, Professor of Clinical Surgery at Zurich and Breslau, and foreseen by Laënnec himself, who, as he states in his treatise upon Auscultation, suspected the existence of some *unknown aberration of nutrition*.

An analysis of the blood of persons suffering from consumption shows an insufficiency of phosphatic and calcareous salts, a reduction of fundamental ingredients in the blood globules, and generally a preponderance of albuminoid elements over the agents of combustion. Mr. J. H. Bennett is of opinion that cod-liver oil constitutes the most valuable agent for re-establishing an equilibrium, on account of the large proportion of fatty elements which it contains,—and there is no doubt but that this oil is invaluable in the case of an emaciated, consumptive patient. Still, the scarcity of metallic and metalloïdic elements in the nutritive fluid necessitates the addition of salts

which contain such elements the digestibility of which is fully established. As the treatment rather concerns the pathogenic state than a pathological condition, it should, as a consequence, be based upon the plan of restoring the nutritive fluid to a pure state. To this end I prescribed phosphatic-calcareous salts with chlorides, hæmatogenes with a basis of iron and arsenic, as well as bitter tonics of a nature to give a fillip to the functional activity of the digestive powers; and I have obtained success even in desperate cases.

I prescribed restorative salts with cod-liver oil, either together or separately, and I mixed the bitters with the lactate and arseniate of iron in pills called *hæmatogenic*. This treatment caused me to reject all special pharmaceutical preparations, with one exception only, viz., the SYRUP OF HYPOPHOSPHITES OF MR. JAMES I. FELLOWS, OF LONDON. This Syrup, which seemed to fulfil so faithfully my requirements, and to exhibit so happy a combination of the re-constituent elements of the blood, joined to the bitter of Peruvian bark and nux-vomica, deserved, as I thought, most serious consideration, and in the result I have made frequent use of it in my prescriptions for patients suffering from *organic dyscrasia*, *tubercular consumption* and *phthisis*. I even recommend it, in smaller doses, for cases of *anæmia*, jointly with the hæmatogenic pills. Where I have to

deal with persons of excessive thinness, and whose very aspect exhibits a total absence of fatty matter, I insist upon the addition to this restorative treatment of Norway cod-liver oil.

I congratulate Mr. Fellows on the success of his preparation, and on its casting into the shade those secret remedies which have hitherto been so shamelessly advertised in some of our journals. Good remedies can only gain by publicity, and I am rejoiced that Fellows' Syrup should be entitled to the confidence it has acquired among us."

LXVI.

From MYLES J. JORDAN, Esq., L.K. and Q.C.P.,
M.R.C.S., L.M.R.H.D., Surg. to H.M. Troops,
Castlebar; Surgeon to Union Infirmary; Phy. to
H.M. Prison, Mayo; Consulting and Visit. Phys.
to Mayo Lunatic Asylum, &c., &c.

BALLINEN HOUSE, CASTLEBAR, CO. MAYO,
IRELAND, 28 *March*, 1882.

MY DEAR SIR,

I have been prescribing your Syrup for some time, and I invariably add "Fellows' *ver.*" to each prescription, particularly as a circular was sent to me some months ago requesting my attention to a

syrup containing (it was stated) the same ingredients, but made by another person, which I have not tried.

I find your Syrup very useful in many cases, and would prescribe it much more frequently, but that I find it, owing to its price, beyond the reach of many of the poor in this poverty-stricken part of Ireland. I suffered last spring severely from bronchitis attended by great debility, and feel that my perfect and complete recovery is in a great measure due to your Syrup. I have found it (by the merest chance) most useful in cases where debility has been produced by excessive hæmorrhage from piles: I prescribed it for the debility, which it helped to remove, and it also completely checked the bleeding, and gradually removed the hæmorrhoids from my patient.

Yours truly,

MYLES J. JORDAN.

From the Same. 6th April, 1882.

MY DEAR SIR,

If you consider any remarks of mine worthy of publication, you may make use of them: I have stated facts as they appeared to me. How the Syrup acted in stopping hæmorrhage from the lower

bowel has puzzled me greatly, particularly as no person has mentioned that it possessed any powers as a styptic locally or generally.

Very truly yours,

MYLES J. JORDAN.

MR. FELLOWS, SNOW HILL, LONDON.

LXVII.

From GOSSET BROWN, Esq., M.D., M.R.C.P.

30, MARGARET STREET, CAVENDISH SQUARE,
LONDON, W., 3 April 1882.

DEAR SIR,

I venture to say that during the years I have been acquainted with this unique and elegant preparation, *Syr. Hypophos. Fellows*, I have prescribed it many thousands of times, and that I have not come across a single case in which its effects have failed to be all that I could desire.

In the debility supervening upon pulmonary and bronchial inflammations its action is most satisfactory.

In chronic bronchitis (as it is called) its effects upon the attenuated membrane are at once palpable and grateful to the sufferer.

In nervous affections I have been charmed with the improvement effected, in cases in which the pharmacopœia had been exhausted by previous consultants.

I am always careful myself to insert *Fellows* in brackets in my prescriptions, in order to compel the chemist to use your preparation and no worthless substitute. Were all my *confrères* to adopt the same plan much disappointment might be avoided.

Believe me, very faithfully yours,

ROB. GOSSET BROWN.

MR. FELLOWS.

LXVIII.

From R. V. GOREHAM, Esq., M.R.C.S., L.A.S.L.

SANS SOUCI, YOXFORD, ENGLAND,
9 Nov. 1881.

DEAR SIR,

I have great pleasure to add my testimony to the remedial properties of your Hypophosphites. I use it largely and frequently, and the more I do so the better I am satisfied with its results. It acted most splendidly upon an infant of a year old, a few days since, who was, I thought, moribund. I administered the Syrup in ten drops to fifteen

every two hours at first, and then increased it. The case was one of bronchitis, and the child from its birth most weak and delicate. The little patient is now convalescent, although still going on with the Syrup.

From the Same. *5th Dec. 1881.*

DEAR SIR,

I find, on referring to your note, that you addressed me on the 12th November relative to cases of bronchitis in its last stages in infants. I deferred replying, as I wished to see whether the improvement was lasting. I therefore visited the "little patient" on Saturday, the 3rd inst., on purpose to witness the result of the treatment, and was delighted to find the child *well*. She will now discontinue it and go on with cod-liver oil, which she has taken from her birth.

I consider you have given the Profession a most valuable remedy in a great number of cases dependent upon want of nervous energy.

I remain, yours very faithfully,

R. V. GOREHAM.

MR. JAS. I. FELLOWS,
SNOW HILL, LONDON.

LXIX.

From G. MUNDIE, Esq., M.D., L.R.C.S., L.M.,
L.S.A.

KINGSTON LODGE, HESSEL EASE,
YORKS., 7th June, 1881.

SIR,

I use your Syrup Hypophosphites I fear somewhat extravagantly, but certainly find it useful in several forms of disease attended with much nervous exhaustion.

Yours faithfully,

GEO. MUNDIE.

MR. FELLOWS,
7, SNOW HILL, LONDON.

LXX.

From J. W. HOWARD, Esq., M.R.C.S., Lat. L.M.C.
Eng.; Surg. in Ch. of Lock Hospital, Shorncliffe, and Surgeon Major Kent Artillery Vol.

DARENTH HOUSE, SANDGATE, KENT,
ENG., 5 April, 1882.

DEAR SIR,

I have much pleasure in assuring you I have read your book with much interest and profit, and I

am prescribing your Syr. Hypophos. in my private and hospital practice with marked benefit in cases of incipient phthisis. I think the publication of your formula, and the cases you quote, are honest, candid, and eminently satisfactory. I would not use a preparation over which there hung a mystery, and have much pleasure in subscribing myself,

Yours very faithfully,

J. W. HOWARD.

· MR. FELLOWS.

LXXI.

· FROM W. TINDAL ROBERTSON, M.D., F.R.C.P.

9, BELGRAVE TERRACE, BRIGHTON,
ENGLAND, *Ap.* 5, 1882.

DEAR SIR,

I wrote you some time ago that I wished to give your Syrup a fair trial in the case of my youngest son, who was growing rapidly, and showing symptoms of failing physical power. He has taken the Hypophosphites regularly for many weeks, with very marked and gratifying success. It has been well digested and assimilated, and the improvement in the boy's condition is not only felt by himself, but is manifest to all his friends.

I have another boy at Wellington College to whom I shall also administer the Syrup, as he recently returned home somewhat below par.

Yours faithfully,

WM. TINDAL ROBERTSON.

MR. FELLOWS,
7, SNOW HILL, LONDON.

LXXII.

FROM EDWARD BARTLETT, Esq., M.R.C.S.E.,
L.D.S.

38, CONNAUGHT SQUARE, LONDON, W.
25 March, 1882.

DEAR SIR,

I have great pleasure in telling you that I have tried your Syrup of Hypophosphites, and also many others. But yours is by far the best, and quite reliable at all times, as I have tried it personally.

Yours very truly,

EDWARD BARTLETT.

MR. JAS. I. FELLOWS.

LXXIII.

From WALTER BERNARD, Esq., F.K.Q.C.I.,
M.R.C.S., late Chief Surgeon 3rd Div. Army
Works Corps in Crimea.

14, QUEEN STREET, LONDONDERRY,
IRELAND.

I frequently prescribe with benefit Fellows' Syrup
as an adjunct to other treatment in tubercular,
bronchial, and strumous affections.

WALTER BERNARD,
Fellow of the College of Physicians, Ireland.

LXXIV.

From F. C. BRYAN, M.R.C.S. Eng. L.S.A.

LITTLEHAMPTON, ENGLAND,
May 26, 1882.

DEAR SIR,

I have used your Syrup of Hypophosphites
with much benefit in several cases of phthisis, and
one consumptive having found it of so much service,
has recently applied for a further supply. I have
also used it as an ordinary tonic in several cases of
chronic bronchitis, as recommended by Dr. Milner
Fothergill ("Chronic Bronchitis, its Forms and

Treatment”), and I must say I have been very pleased with it, and shall not fail to keep it always on hand, as I consider it a superior preparation worthy of extended use.

I am, Dear Sir, yours faithfully,

F. C. BRYAN.

MR. FELLOWS.

LXXV.

FROM MICHAEL WHITMARSH, Esq., M.D., M.R.C.P.,
M.R.C.S., L.S.A., Author of “How to Live.”

ALBEMARLE HOUSE, HOUNSLOW, W.,
April 8, 1882.

DEAR SIR,

No preparation of Hypophosphites can possibly supplant the Syr. Hypophos. Co. Fellows, and I feel quite sure the medical profession will do all in their power to protect you from the many spurious preparations which are now sold as yours. Syr. Hypophos. Fellows has now made such a mark in the medical world that it behoves every one to get the genuine article. A large number of cases of chronic dyspepsia and consumption in the early stages have been cured by it when all other remedies have failed, and these cases have not only come

under my notice, but that of a large number of physicians in London. It is undoubtedly one of the best chest and stomach tonics we have.

I am, my Dear Sir, ever yours faithfully,

MICHAEL WHITMARSH.

MR. JAS. I. FELLOWS,
7, SNOW HILL, E.C.

LXXVI.

From M. McKENZIE, Esq., M.D., University of
Richmond, Virginia.

Feb. 3, 1882.

DEAR SIR,

I am flattered with the hope that I have found something in your Hypophosphites which will bring relief in a case which has baffled more than one of the profession during the last three years. I hope to report favourably.

Yours,

M. McKENZIE.

From the Same. *March 6, 1882.*

DEAR SIR,

I have had sufficient experience with your Syrup of Hypophosphites to satisfy me that it is an

invaluable contribution to the medical profession on your part.

The patient for whom it was prescribed has been suffering for years from nervous asthenia, at times being utterly prostrated, an irritable stomach rendering it difficult to find any remedy which could be used for many days continuously. Under the use of your Hypophosphites her strength was increased, appetite improved, and she gained $2\frac{1}{2}$ pounds in ten days. I have followed this with cod-liver oil united with Hypophosphites, and in three weeks she has gained fifteen pounds. I propose to continue the treatment, and so increase her strength and promote the formation of new tissue.

I am, sir, yours truly,

M. McKENZIE, M.D.

MR. J. I. FELLOWS.

LXXVII.

From L. C. DAVIS, Esq., M.D.

VASSAR, MICHIGAN.

DEAR SIR,

I have used your Syrup of the Hypophosphites in diseases of the throat and lungs with such

perfect satisfaction that I can cordially recommend its use to the profession.

L. C. DAVIS.

MR. FELLOWS.

LXXVIII.

FROM EDWARD PAYNE, Esq., M.D., M.C.P. & S. Ont.

MARMORA, ONTARIO,
Oct. 11, 1881.

DEAR SIR,

About the year 1869, having several patients suffering from nervous exhaustion, I began the use of Comp. Syr. Phos., Iron, Quinine, and Strychnia, as per Dr. Atkins' formula; this gave me good satisfaction, but many patients objected to its extreme bitterness, which I attempted to counteract in various ways, but finally abandoned its use, substituting the Hypophosphites of Lime, Soda and Potassa, with Dilute Phosphoric Acid and Cod Liver Oil. This did well in some cases, but the oil became very objectionable because of its decomposing in hot weather, and I was led to test the merits of Fellows' Syr. Hypophos., then being introduced, and have proved it to be superior to any other preparation of its kind, put up in an elegant, con-

venient form, and much more economical than others. Since then I have used it constantly, and found it valuable in all wasting diseases, general debility, and in convalescence after malarial and other prostrating fevers, building up and adding tone to the whole system.

In incipient consumption it has also proved a good remedy, and is likewise a valuable aid to the physician in those cases of scrofulous or strumous diathesis in children, and exerts a marked beneficial effect in *tabes mesenterica*.

EDW. PAYNE, M.D.

MR. FELLOWS.

LXXIX.

Extract from a Letter from A. W. READ, Esq., M.D.

WASHINGTON, U.S.A.

SIR,

I have recently found *Syr. Hypophos. Fellows* of great service in a case of neuralgic rheumatism, rebellious to nearly all the recognized remedies, and believe it to be a preparation of great value.

A. W. READ.

MR. FELLOWS.

LXXX.

From R. CRAIG, Esq., M.B., Med. Off. of Health,
Glenurquhart and Glen Moriston.

KILMICHAEL, INVERNESS, SCOTLAND,
3 June, 1881.

DEAR SIR,

I have in two cases used your Syrup of Hypophosphites with the best possible result. One was a case of capillary bronchitis, and the other a case of bronchial asthma where the fits were very painful. I found the good effects most marked in the latter case.

Yours faithfully,

R. CRAIG.

MR. FELLOWS,
7, SNOW HILL, LONDON.

LXXXI.

From K. ARN. CHESNEY, Esq., M.D.

MIDDLEBROOK, VA.,
Feb. 11, 1882.

MR. JAS. I. FELLOWS,
SIR,

I like the effects of your Syrup of Hypophosphites better than any preparation I have ever

used of its class in phthisis, strumous complaints, and others where it is necessary to build up the system.

Yours truly,

K. ARN. CHESNEY.

LXXXII.

From W. A. CULBREATH, Esq., M.D.

REHOBOTH EDGEFIELD COUNTY, SO. CAROLINA,
Feb. 6, 1882.

DEAR SIR,

Your Syrup of the Hypophosphites has acted like a charm in every instance, and its sphere of usefulness widens as it becomes better known.

Yours truly,

W. A. CULBREATH.

MR. FELLOWS.

LXXXIII.

From JAS. H. LANE, Esq., M.D.

WASHINGTON, GEORGIA,
22 Feb. 1882.

MY DEAR SIR,

I am much pleased with the action of your Syrup of Hypophosphites. I find myself very much

benefited by its use, as well as several patients to whom it has been prescribed.

Yours very truly,

JAS. H. LANE.

MR. FELLOWS.

LXXXIV.

From CHARLES FORD, Esq., M.D., L.R.C.S., late
Supt. Barony Parish Lunatic Asylum, Glasgow,
Scotland.

MAINS RIDDELL, BY DUMFRIES,
May 6th, 1882.

DEAR SIR,

I have for a year or more prescribed your Syrup of Hypophosphites with benefit to my patients. In incipient tubercular diseases accompanied by hæmoptysis, the results were palpable after a few weeks.

A patient residing near my dwelling, affording ample opportunity to watch the case, was completely prostrated after an attack of Hæmoptysis preceded by hard dry cough, keeping to his bedroom. I prescribed teaspoonful doses three times daily, with Kepler's Ext. Malt; in five weeks he was down stairs and able to go about for an hour

daily; now he is quite well, and is much stouter than at the corresponding period of last year.

Miss A. G., aged 26, was seized in February last with shooting pains through the left side of the chest and attended with cough, little or no respiratory murmur of the upper and back of left side of the chest, had lost flesh, become nervous and averse to being seen by friends. I prescribed Syr: Hypophos: Fellows.—dose, a teaspoonful three times daily; at the expiration of a fortnight there was marked improvement, appetite increased, nervous strength improved, voice stronger and colour clearer. The lady has commenced upon the fifth bottle, and her strength has so increased that she walked to my house, a distance of over a mile, up and down hill. On being weighed the gain is five pounds per month for eleven weeks, the respiratory murmur nearly normal. She is now in the country continuing teaspoonful doses of the Syrup, to which I added Kepler's Malt Ext.

I had occasion to use three bottles myself during the last winter, and found its invigorating and restorative powers of great benefit.

In strumous diseases accompanied by abscesses, and in old ulcers of the lower extremities, I have given the Hypophosphites with much satisfaction,

increase of weight, of appetite, and improvement in colour.

I find it also serviceable in amenorrhœa.

I am, Sir, yours truly,

CHARLES FORD.

LXXXV.

From JAMES STARTIN, Esq., M.B., M.R.C.S.,
F.S.S., Surg. and Joint Lect. St. John's Hos-
pital for Dis. of Skin, Author of "Lectures on
Ringworm and other Skin Diseases," "Lupus
and its Treatment."

16, SACKVILLE ST., PICCADILLY, LONDON, W.

12 May, 1882.

DEAR SIR,

I prescribe your Hypophosphites very often
to children suffering with skin eruptions of a consti-
tutional or cachectic character with marked good
effect.

I am, yours truly,

JAMES STARTIN.

MR. FELLOWS.

LXXXVI.

From J. M. BIGELOW, Esq., M.D., Professor
Materia Medica and Therapeutics, and of Dis-
eases of the Throat and Clinical Laryngoscopy,
in Albany Medical College.

ALBANY, N. Y.,
March 17th, 1882.

MY DEAR SIR,

I have used and prescribed Fellows' Hypo-
phosphites during the past three years very fre-
quently.

This preparation has seemed to answer a better
purpose in promoting constructive metamorphosis,
and in arresting the progress of phthisical com-
plaints, than any other with which I am acquainted.

J. M. BIGELOW, M.D.

LXXXVII.

From WM. JONES, Esq., M.R.C.S. Eng., &c.

13, GROVE PLACE, SWANSEA,
5 April, 1882.

DEAR SIR,

It affords me much pleasure in bearing testi-
mony to the therapeutical value of your Syr. Hypo-
phos. Co., which I have for the past two years used,

and always found it to answer most satisfactorily in the cases in which its use is indicated in your Treatise ; in fact, it is the best known combination that I am acquainted with. I deeply regret, however, that imitations are now offered to the profession by unprincipled makers ; but, to avoid disappointment both to the inventor and medical practitioner, prescriptions should always be written thus : “ Syr. Hypophos. (Fellows’).” Wishing you further success,

I am, Dear Sir, yours faithfully,

WILLIAM JONES.

MR. FELLOWS.

EXTRACTS FROM MEDICAL JOURNALS.

For detailed reports see Treatise, “Syr : Hypophos. Fellows,”
1881.

“ The compound is skilfully prepared May be given with confidence in cases of nervous debility.”—*London Lancet*.

“ An excellent tonic in the debility of phthisis and strumous conditions generally.” — *British Medical Journal*.

For descriptive statement see *London Practitioner*.

“Especially adapted to the treatment of nervous affections; a valuable auxiliary in (treatment) of bronchial and pulmonary diseases.”—*Buffalo Med. and Surg. Journal*.

“More pleasant to the palate, more acceptable to the stomach, and supplies the wants of the system in such cases as demand this class of remedies.”—*Am. Med. Jour., St. Louis, Mo.*

“We have tried it in many cases of lowered vital power, such as debility which follows diphtheria, with marked and speedy benefit.”—*London Med. Times and Gazette*.

“An admirable tonic for the nervous system and digestive organs: highly recommended by eminent physicians in all parts of the world.”—*London Specialist*.

“A preparation well deserving of the notice of practitioners.”—*London Medical Press and Circular*.

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SYR: HYPOPHOS: FELLOWS.

(Dispensed in Bottles containing 20 oz. by weight, or about 15 oz. by measure.)

Contains—HYPOPHOSPHITES OF IRON, QUININE, STRYCHNIA, LIME, MANGANESE, POTASS.

Each fluid drachm contains Hypophosphite Strychnia equal to 1-64th grain of pure Strychnia.

DOSES.

TONIC—One teaspoonful at each meal in a wineglassful of water (cold).
STIMULANT AND TONIC.—Two teaspoonful at meal times in two wine-glassesful of water (cold).

For Children, the doses should be regulated according to age, viz., from 9 to 12, one-half; from 5 to 9, one-third; from 1 to 5 one-quarter.

To secure the full remedial effect, **ALWAYS** dilute largely with cold water.

For the following, begin with the TONIC DOSE,

And increase the quantity gradually, until the patient experiences the sensation peculiar to the action of Strychnia. Then diminish until such feeling is barely perceptible; the standard thus ascertained should be the established dose. When the patient is very feeble, begin with half the Tonic Dose, and proceed as above: the dose thus ascertained should be adopted in ORGANIC AND FUNCTIONAL DISEASES OF THE THROAT AND LUNGS, viz., Phthisis, Bronchitis, Asthmatic Bronchitis, Asthma, Diphtheritic Prostration, Dyspnoea, Cough produced from Mucous Obstruction. Also, Choræa, Accidental and Constitutional Epilepsy, Chronic Diarrhoea, Incontinence of Urine, Paralysis Agitans, Anæmia, Leucorrhœa, Neuralgia, Marasmus.

Employ the Tonic Dose for sleeplessness, loss of memory, loss of voice, lack of energy, timidity, despondency, night sweats, Dyspepsia, Hysteria, Hypochondria; Palpitation, and interrupted action of the heart, weak respiration, and congenital incapacity: for Hoarseness, Wheezing, and Pulmonary Consumption with Hæmorrhage: for Debility at Change of Life, Difficult or Painful Parturition, liability to Abortion, Strumous Diseases, Debility from Fevers, from residence in hot or unhealthy localities, and Debility from Old Age.

Stimulant Dose : In Coma, Poisoning from Opium preparations, Chloral or Alcohol, to be repeated every half-hour until consciousness is restored, then the Tonic Dose, as directed.

Half-Tonic Dose : For advanced Capillary Bronchitis, and Congestion of the Lungs, the same to be repeated every twenty minutes until vitality is established, and then full Tonic Doses three times daily.

SPECIFIC EFFECTS OF FELLOWS' HYPOPHOSPHITES, AND INSTRUCTIONS FOR USE.

TO STIMULATE THE APPETITE.—Take half the Tonic Dose, as directed, in very cold (not iced) water, fifteen minutes before eating.

TO STIMULATE DIGESTION AND ASSIMILATION.—Take the remaining half of the Tonic Dose during meal time in water.

TO INCREASE RAPIDLY IN WEIGHT.—Take the Tonic Dose, as directed, and adopt the free use of new milk in addition to the regular food.

TO SUSTAIN MENTAL EXERTION.—Mix two tea-spoonsful in a tumblerful of cold water, and drink small quantities occasionally during the hours of intellectual work.

TO OVERCOME INTOXICATION.—Take two or three tea-spoonsful in a wine-glassful of water.

TO GIVE POWER TO THE VOCAL CORDS.—Take the Tonic Dose fifteen minutes before singing.

In old phlegmatic subjects, when *mucous expectoration* is difficult, the Tonic Dose repeated every two hours will effect its removal with little effort.

TO PREVENT RECURRENCE OF NIGHT SWEATS.—Take the Tonic Dose at each meal and at bed time. A stimulus is thus imparted to the nerves, which are connected with the sweat glands.

TO PREVENT SWEATING HANDS AND FEET.—(Caused by debility.) Take the Tonic Dose as directed, avoid undue excitement, and occupy the mind with pleasant unwearying pursuits.

FOR CONVALESCENCE from Typhoid and other low Fevers, and Debility from residence in hot or malarial localities, employ the Tonic Dose.

TO STRENGTHEN AND DEVELOP NURSING INFANTS.—Let the mother take the Tonic Dose as directed with the food.

SAFEGUARDS AGAINST SUBSTITUTION.

The Fellows' Hypophosphites is dispensed in bottles containing 8 oz. and 15 oz. by measure—the address, Fellows & Co., St. John, N.B., blown on—the name, J. I. Fellows, St. John, N.B., in watermark upon the yellow wrapper ; it is hermetically corked, and sealed with crimson gelatine: is heavy, slightly alkaline, has a pleasantly bitter taste, and deposits a flocculent brown precipitate of Hypophosphite of Manganese when left undisturbed for forty-eight hours.

NOTE.—Though this precipitate mars the appearance, its presence has been found imperative to its full remedial effect.

By ordering f3 viij. the Syrup can be dispensed in the original bottle containing that quantity, when the trade label may be removed and prescription-directions substituted as desired.

Dilute only with Syrup or Glycerine.

PRICES.

GREAT BRITAIN, Stamp included, 7s. large ; 4s. small.

IRELAND, without Stamp, 6s. large ; 3s. 6d. small.

UNITED STATES AND CANADA, \$1.50 per Bottle.

Six bottles purchased at one time may always be had for the regular price of five, in any Country.

Since the Syrup is supplied to Agents, at a given uniform cost in every part of the World, the price should never exceed the above figures.

PRINCIPAL DEPOTS

FOR

FELLOWS' HYPOPHOSPHITES.

EUROPE.

BURROUGHS, WELLCOME & Co., London, ENGLAND.
 WM. HAYES & Co., Dublin, IRELAND.
 F. DELCHEVALERIE, 74, Rue de Namur, Brussels, BELGIUM.
 Ch. DELACRE, Brussels, BELGIUM.
 ALFRED BENZON, Copenhagen, DENMARK.
 GEORGE F. ULEX, 6, Stubenhuk, Hamburg, GERMANY.
 HIJOS DE JOSE VIDAL Y RIBAS, Barcelona, SPAIN.
 CASSELS & Co., Lisbon PORTUGAL.
 JULIUS KIRCHHÖFER, Trieste, AUSTRIA-HUNGARY.
 "ENGEL APOTHEKE" (C. HAUBNER'S), Wien, AUSTRIA-HUNGARY
 JOSEF Y. TOROK (Konigsgasse Nr. 12), Buda-Pest, HUNGARY.
 A. SAUTER, Geneva, SWITZERLAND.
 ROBERTS & Co., 5, Rue de la Paix, Paris, FRANCE.
 H. ROBERTS & Co., Florence and Rome, ITALY.
 FRANK SQUIRE, St. Remo, ITALY.
 JOHN TESCH, Malmo, SWEDEN.
 M. B. STRÖM, Drammen, NORWAY.

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 A. S. WATSON & Co., Hong Kong and Manilla.

AUSTRALASIA.

NEWELL & Co., MELBOURNE.
 ELLIOTT BROS., Sidney.
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JOHN PEACOCK, }
 P. J. PETERSON, } CAPE TOWN.

AMERICA.

HOLLISTER & Co., Honolulu, H. I., SANDWICH ISLANDS.
 ALEXANDER SCHIBBYE, Quito, ECUADOR.
 SANTIAGO FRENCH, Guayaquil, ECUADOR.
 DR. J. Z. FORMEL, Botica Cosmopolitana, San Rafael II.—Habana, CUBA

Private Letters:—

JAMES I. FELLOWS,
 67, HOLBORN VIADUCT, LONDON.

Business Letters:—

T. C. STRATTON, *Secretary*,
 1937 P.O. BOX, 48, Vesey Street, NEW YORK, U. S. A

SOME AFFECTIONS
OF THE
NERVOUS SYSTEM
IN WHICH THE
SYRUP OF HYPOPHOSPHITES
(FELLOWS')
IS BENEFICIAL.

[FOR THE MEDICAL PROFESSION.]

PART III.

LONDON:
JAS. I. FELLOWS, 66A, HOLBORN VIADUCT,
(FORMERLY SNOW HILL, E.C.)

1883.

To the Medical Gentlemen who have honoured me with the Reports and Testimonials which so greatly enhance the value of my publications, and to whom the works are respectfully dedicated, I tender the most cordial thanks, with the assurance that the contributions shall be used in such manner only, as is consistent with the ethics of the Profession.

JAMES I. FELLOWS.

LONDON, June 1, 1883.

PREFACE TO PART III.

IN presenting this, his third pamphlet, Mr. Fellows has to again thank the medical profession most cordially for its generous patronage of his Syrup.

The success it has achieved has called forth a perfect host of imitations. This is a compliment, though a left-handed one. By such means both Mr. Fellows and the public are defrauded; while he is further injured by his preparation having to bear the blame of the failure of the less perfectly prepared imitations. It may not be possible for purchasers always to prevent doubtful compounds being foisted upon them as the genuine article. All he can do is to ask

them to make sure it is Fellows' Syrup they are taking if the results are not satisfactory.

He trusts that his preparation is sufficiently distinguished by its labels and wrappers. He is the *sole* inventor of the Syrup which he prepared for his own use in 1865, when out of health; and the medical testimonials around each bottle bear date from the year 1867. The genuineness of the early testimonials was certified before Aaron Alward, Esq., M.D., Mayor of the City of St. John, in the province of New Brunswick, on Feb. 6th, 1868; as was also the formula of the Syrup, which has never since been changed or interfered with in any way.

SOME AFFECTIONS
OF
THE NERVOUS SYSTEM
IN WHICH
FELLOWS' SYRUP OF THE HYPOPHOSPHITES
IS BENEFICIAL.

IN 1881 a pamphlet was issued to the Medical Profession pointing out the qualities of this now well-known syrup. In 1882, a second pamphlet, on the utility of the syrup in affections of the respiratory organs, was sent to the profession in British and foreign countries, with the result of many encouraging letters to Mr. Fellows. It now seems desirable to offer some remarks on the utility of this syrup in certain conditions of the nervous system.

Ohne Phosphor keine Gedanke (without phosphorus there is no thought), was the famous axiom of Moleschott. It has been found that phosphorus is requisite for the full and complete nutrition of the

brain. Professor Michael Foster, F.R.S., the illustrious Professor of Physiology at the University of Cambridge, in his treatise "A Text Book of Physiology," says :— "The element phosphorus seems no less important from a biological point of view than carbon or nitrogen. We find it playing an important part as the conspicuous constituent of lecithin." What is lecithin? This is what the Professor says of it when speaking of Complex Nitrogenous Fats: "Lecithin $C_{44} H_{90} NPO_9$ occurs widely spread throughout the body. Blood, gall, and serous fluids, contain it in small quantities, while it is a conspicuous component of the brain, nerves, yolk of egg, semen, pus, white blood-corpuscles, and the electrical organs of the ray." The brain works by the decomposition of highly organised matter. Professor Maudsley in his text book "The Physiology of the Mind," in speaking on this matter, says: "Its constituents are of a very complex character, easily undergo decomposition, and being compounded largely of carbon and hydrogen have a high oxidation value. It is probable that a chemical synthesis is effected in the substance of nerves, through which the nutrient material brought by the blood is finally converted into highly complex and unstable albuminoid compounds; these representing a great value of potential energy, which becomes actual through their decomposition

during function." These complex bodies are oxidisable hydro-carbons ; but while they are fats, they contain nitrogen as cerebrin, and nitrogen and phosphorus as lecithin. Consequently their decomposition by oxidation gives something more than carbonic acid and water, as occurs in other tissues. Brain work whether intellectual, the discharge of efferent motor messages, or the reception of afferent messages as sensation, is brought about by the oxidation of these complex bodies, so Prof. Maudsley continues : " without oxidation we can no more have thought from brain than we can have flame from fuel." By the oxidation of this complex fat the brain is active, and nervous power is manifested, *i.e.*, nerve power is exhibited. He continues : " In the performance of an idea, as in the performance of a movement, there is a retrograde metamorphosis of organic element : the display of energy is at the cost of highly organised matter, which undergoes degeneration or passes from a higher to a lower grade of being ; and the final retrograde products are, so far as is at present known, somewhat similar in muscle and nerve." An excess of brain-labour is followed by an increase in these waste products, for he continues :— " Furthermore, after prolonged mental exercise the products of the disintegration of nerve element, into the composition of which phosphorus enters largely,

are recognized in an increase of the phosphates in the urine; while it is only by supposing an idea to be accompanied by a correlative change in the nerve-cells that we can explain the exhaustion following excessive mental work, and the breaking down of the brain in extreme cases." An increase in the waste products points very clearly to an increased consumption of this brain-fuel. The exhaustion of this complex body is followed by functional failure of the brain.

This complex substance is built up in the body, and along with the complex hæmoglobin, is essentially a product of animal synthesis. Starch, albumen and fat, belong to the vegetable world equally with the animal world. . But a nervous system and a circulation, with corpuscles giving off carbonic acid and absorbing oxygen, have nothing to do with plant life. They belong to animated beings possessed of power of motion. As regards the other constituents of the body, they are mainly built up of substances which have previously existed in plants: which plants have either been themselves the food of man; or have been eaten by animals which have, in turn, become the food of man. From these substances, together with certain salts, the whole of the tissues of the body are constructed with these two conspicuous exceptions. Highly complex bodies are these essentially animal constructions; and, apparently,

produced in but limited quantities. Consequently, when the lecithin of the nervous system is exhausted, a considerable time is requisite for the re-accumulation of a sufficient store for nervous activity. Just as in anæmia, time is essential for the restoration of its normal wealth of red corpuscles to the blood. Rest and good food are requisite ; with iron in the one case, and phosphorus in the other. Fat has long been recognised as of the greatest utility in the treatment of neuralgia. Romberg said : " Pain is the prayer of a nerve for healthy blood." Neuralgia is often due to impoverished blood, or to the presence of some toxic agent, as paludal poison, for instance, or gout : that is when not the result of pressure, as the grip of a cancerous claw. Good food and iron in anæmia, and phosphorus in nervous exhaustion, are the means then, by which health, strength, and the capacity to labour may be regained.

Lecithin is a phosphorised fat ! Fat then, should be a constituent of the food. Phosphorus, too, is essential. When the digestive organs are in their complete integrity, then, from the phosphates of the cereals, man can extract the phosphorus for the synthesis of lecithin. The intellectual activity of Scotland has always been regarded as in some way related to the oatmeal porridge which is the staple food of the country,

especially for children. Oatmeal is rich in fat and phosphates. But when the digestive organs are impaired, or the demands of the brain for lecithin are beyond the powers of the assimilative organs to break up the phosphates, and to supply the free phosphorus for its synthesis; then some less stable compound than the earthy phosphates is called for. In the phosphites, and still more in the hypophosphites, phosphorus is linked with the bases in combinations easily dissolved; so that therefrom the assimilative organs can easily procure the free phosphorus for the building up of this brain food. In all cases then, where the demands upon the body-store of lecithin are in excess of the power of the system to build it up, then nervous exhaustion must follow. To prevent this cerebral bankruptcy, two things are required: (1.) Such a reduction of the demand upon the brain as will once more lead to the storage of lecithin, *i.e.*, reducing the demand below the supply; (2.) The furnishing to the blood of a greater supply of lecithin by good food and a liberal supply of phosphorus,—in the form of either free phosphorus, or of some instable compound of phosphorus from whence that substance is readily liberated, or set free. On these two lines must the treatment of nervous exhaustion be conducted. So long as the digestive organs possess the requisite power—the capacity for

such synthesis—then by good food and phosphorus the supply may be brought up to the demand.

As to the desirability of using free phosphorus or a phosphite, opinions may fairly differ; but the phosphites and hypophosphites are capable of being supplied in much more palatable forms, and in useful combinations. In fact, in all ways, these instable combinations of phosphorus possess advantages over the free base, without being counterbalanced by any drawback. The syrup of the hypophosphites contains the hypophosphorus acid in union with several bases, as iron, lime, and potash, together with the well recognised brain tonics, quinine and strychnine. Consequently, it is a combination which is indicated in various conditions of the nervous system, of which some account may now be given. Among the outcomes which have been claimed for the effects of phosphorus freely administered, are “a sharpening of the mental faculties,” also “increase of muscular power,” and “a more acute tactile sensibility” (Ashburton Thompson quoted by Professor Sidney Ringer in his “Handbook of Therapeutics”)—that is, a heightening of function in the intellectual, motor, and sensory areas.

Imperfect Development of the Nervous System.
—In all conditions where the development of the

nervous system is tardy, the exhibition of phosphorus is indicated. Of course, it is not for one moment suggested that such a development of the nervous system may be excited by merely supplying liberal quantities of phosphorus, as will carry with it a high intellectual activity; or that, by resort to it, ordinary children can be transformed into brilliant adults, and incapacity metamorphosed into ability. But by the constant exhibition of phosphorus—which is not only a stimulant to the brain, but a “conspicuous constituent of the brain-food”—a lagging nervous system may be roused. Just as the continued administration of phosphorus produces more solid bones whose chemical composition is “natural;” so there are good grounds for holding that the steady persistent use of phosphorus will tend to produce a more complete development of an imperfectly evolving nervous system. In all cases, then, of mental backwardness in the budding adult the syrup of hypophosphites is indicated; along with suitable food, and the appropriate moral and intellectual measures which experience has demonstrated to be useful. Especially is such a regimen indicated in families where the presence of neurosal affections in various members, has demonstrated that there is a defective nervous system.

Nervous Debility.—From its properties, as given above, phosphorus is indicated in cases where there has been some positive drain upon the nervous energy; especially where such a fluid as semen, which is rich in phosphorised lecithin, has gone on to an excessive length. Here the resort to phosphorus may be positively mischievous in the hands of foolish, unwise persons. By its means it might be possible to carry on the debilitating and ruinous practices somewhat longer; but this can only end in more complete prostration—the exhaustion being more thorough and absolute than would otherwise have been possible. It is not as a means towards greater self-indulgence that this syrup should be taken; that would be not the use, but the abuse or misuse of it. It is useful when the mischief has been done; or is going on, and recovery of the normal state is being sought. As a means of supplying phosphorus towards the building up of a new store of lecithin, this syrup contains much promise.

Chronic Alcoholism.—This is a form of nervous exhaustion in which the late Dr. Francis Anstie found much benefit from phosphorus. While alcohol excites the brain, it contains nothing by which the nervous system can be fed or nourished. It contains neither

phosphorus, nitrogen, nor hydro-carbon capable of being built up into a fat. As a brain-tonic and a nerve-food, the combination of various substances found in the syrup of the hypophosphites is clearly indicated in cases where brain-exhaustion has followed upon excessive indulgence in alcohol. It may, indeed, be used after alcoholic or other excess; or it might be given in lieu of alcohol when the craving for a stimulant is uncontrollable, or for Tobacco, Opium, or other Narcotics. In one instance personally known to Mr. Fellows the habit of indulgence in morphia was largely broken by the employment of this syrup.

Paralysis.—When paralysis is the result of local softening then the brain-tissue is destroyed; and nothing, of course, can be done to remedy such a condition. In paralysis, the result of apoplectic rupture with the formation of a clot, then the prospects are widely different. A certain portion of the hemisphere may be and is ploughed up by the blood, and for this there may be no recovery, or repair possible; but in a surrounding area there is not destruction but only abolition of function by the pressure of the clot. The rigid skull is already full; and the introduction of a new mass produces pressure on the original encephalic structures in proportion to the size of the intruder. If the pressure do not extend to the medulla and

paralyse the *noud vital*, by which the respiration would be arrested, it is not incompatible with the continuance of life. When the outpouring of blood ceases the growth of the clot is arrested. The evil is done! As the clot is absorbed the pressure is taken off the compressed structures. If that pressure be great, then the functional power of the compressed area may have been so abolished that it is never regained. If a motor area is compressed the parts supplied therefrom are paralysed; and, in time, secondary descending degeneration of the motor tracts with late rigidity, follows. Now, in such conditions the muscles may be maintained well-nourished, and ready to respond when the wonted nerve-messages once more reach them, by the use of electricity. Even the nerve-tracts may be favorably affected by such means. But direct stimulation of the maimed central area by electricity is not as yet entertained as among our remedial agents. In order to maintain their nutrition a brain-food is indicated. Especially when diminution of the clot is being produced by absorption, and so the pressure is being gradually taken off, and the compressed area is recovering its normal state, is the administration of a nerve- tonic and a brain-food likely to be beneficial. As the blood once more circulates in the compressed area and functional power is returning—indeed, the part is

wakening into life again—then good food and a liberal supply of material for the formation of lecithin are clearly called for. If such internal medication was steadily carried out along with the application of electricity, and the other local measures which keep up the nutrition of the muscles, we should see far less of resultant paralysis from strokes than has been, and is still the case. Also, when the stroke is due to a vessel being plugged by an embolon, and the area is rendered inert by its blood supply being cut off, repair is achieved or attained by the development of the collateral circulation; and to keep the blood rich in nutrient material is a wise measure to aid the natural attempts at restoration of function. Indeed, in paralysis due to rupture and clot, or to embolism, the constant exhibition of the syrup is indicated to rouse the dormant area; and to provide it with what is its especial food *par excellence*.

In hysterical paralysis phosphorus has been found useful by Hammond; who has also found it of service in that loss of brain-power spoken of as softening.

Neuralgia.—As might be supposed, phosphorus has been found to exercise a beneficial effect in those painful nervous conditions spoken of as neuralgia. Of course when neuralgia is excited by pressure—as when

a sensory nerve-fibril is nipped by the extension of a claw of cancer ; or a sensory nerve-root is compressed by a thickening of the periosteum of a foramen, through which it perforates the spinal column—nothing can relieve it but removal of the pressure. But more frequently neuralgia is the result of a change in the blood ; either it is deficient in some natural constituent, or it contains some toxic agent. As the last, neuralgia is notoriously associated with syphilis, malarial poisoning, or gout. In these cases removal of the poisonous agent, by its specific remedy, is necessary for the relief of the neuralgia. But more frequently neuralgia is due to simple poverty of the blood. Romberg's famous dictum that "Pain is the prayer of a nerve for healthy blood," carries with it much suggestion as to the appropriate means for the relief and removal of such neuralgic pain.

The remarks of Professor Ringer are very instructive on this matter. He says : "Though it* not uncommonly fails in the severe neuralgia of middle and advanced life, still it must be considered one of the most valuable, perhaps the most valuable remedy." He has just remarked : "The most intractable and severe cases generally occur, as Dr. Anstie points out,

* Phosphorus.

in the degenerative period of life." And the neuralgiæ of old persons are usually either found with gout or malaria, or with some degeneration of the nerve centres, so that they are not simple cases of blood-poverty. Ringer continues: "In my hands it has yielded less satisfactory results in sciatica than in many other forms of neuralgia." The explanation of this is clearly connected with this fact that sciatica is not usually found as a simple neuralgia from spanæmia. It is in pure uncomplicated neuralgia from deficiency of blood, or in other blood-poverty, whether "poverty from waste, or poverty from want," that phosphorus is so useful. Professor Ringer has found this, for he continues: "Phosphorus is probably most efficacious in typical neuralgia, and much less useful, according to my experience, in those imperfectly developed cases where the neuralgia appears to be allied to, or passes into, sick headache, or pleurodynia, and in those instances of nerve-pain which lack many of the more distinctive characters of neuralgia." When the neuralgia has other causal relations than mere poverty of blood, then phosphorus is less useful, and the remedial agents which act upon the toxic matter are indicated. The syrup of the hypophosphites is a combination which often meets the necessities of such complicated neuralgia. The quinine in it renders it efficacious in

neuralgia of malarial, or paludal origin; while the potash indicates its employment in gouty neuralgia. Many obscure neuralgiæ will yield to the syrup, which remain unaffected by phosphorus given alone. When angina pectoris is neurosal, and not related with lithiasis, then, phosphorus has been found useful alone. In this combination, as a restorative measure, it is indicated in almost all forms of angina.

Nervous Exhaustion.—Of all the conditions, however, in which a brain-food containing phosphorus in a combination easily broken up is essentially indicated, it is in those cases of overwork, or over taxation of the nervous system, which are becoming more frequent in this “madly striving age,” as it has been termed by B. W. Richardson, F.R.S.; who has written wisely on “Physical Diseases from Mental Strain.” The leading feature of such a state is incapacity, with a sense of misery and general apprehension of coming evil (*Panphobia*). The brain is overtaxed, and is unequal to perfect repair of its structure under the demand upon it. Maudsley, says, of the brain, after speaking of its functional relations,—“But the brain has also a life of nutrition, or, if I may so call it, a vegetative life. In this, its true organic life, there is a nutritive assimilation of suitable material

from the blood by the nerve-cell ; a restoration of the statical equilibrium being thereby effected after each display of energy. Whatever be the intimate molecular forces, it is certain that the functional disposition which previous function produces is effected by nutrition, that it requires a rich supply of blood, such as the brain is known to have, and that it can not be effected if the supply of blood is cut off. This organic process of repair is not usually attended by consciousness, and yet it may obtrude itself into consciousness, as the function of any organ, which proceeds, when all is well, without exciting sensation, does, under conditions of disorder, give rise to unusual sensations, or to actual pain ; so the organic life of the brain, which usually passes peaceably without exciting consciousness, may, under certain conditions, thrust itself forward into consciousness, and produce anomalous effects. When this happens, the abnormal effect is not manifest in sensation, for the hemispheres of the brain, as physiologists well know, are not sensitive in that sense ; but it is displayed in the involuntary appearance of emotional ideas in consciousness, and, in consequence, confusion of thought." The brain does not feel ordinary pain when itself disturbed ; it feels psychical pain, *i.e.*, a sense of misery, with loss of capacity. The sufferer is conscious of a loss of power often

accompanied by a loss of self-confidence. The following is a graphic sketch of brain-failure:—"The intellect often presents evidences of general prostration and debility long anteriorly to any serious disorder of the brain being diagnosed, or even suspected. This condition of cerebral lassitude, mental sluggishness, psychical weakness and impairment, is, in many of its features, analogous to the torpor of mind that so frequently supervenes upon certain acute forms of bodily disease, particularly those of a febrile character implicating the nervous functions. In this state of mental ill-health, the patient is conscious of a want of brain-tone, sluggish action of mind, and of a deviation from his normal condition of intellectual acuteness, activity and vigour. He is painfully sensible of feeling mentally *below par* and recognises his inability to use efficiently his power of mind. He suffers from a torpid state of the intellect, a psychical *malaise* unfitting him for any kind or degree of cerebral work. The effort to think is irksome and painful, causing, if persevered in, vertigo, headache, painful confusion of thought, and acute mental depression." (Winslow's *Obscure Diseases of the Mind and Brain*). Such a condition is one of functional impairment compatible with restoration to health, and with fitness to work. But at other times such is the early stage of what may turn out to be organic

disease. If taken in time, probably, it can be remedied, and a normal state regained; but, if neglected, it passes on to actual organic change. It is, then, of vital importance to arrest such morbid progress if possible.

This condition is spoken of by Dr. Da Costa, of Philadelphia, in the following terms:—"There is yet another affection of the brain which may be confounded with softening, an *exhaustion of brain-power*, encountered among professional men, or those engaged in laborious literary undertakings. This, sometimes, comes on suddenly, with signs like those of collapse; more generally it is slower of development. Its manifestations are a slight deterioration of memory, and an inability to read or write, save for a very short period, although the power of thought and of judgment is in no way perverted. Nor is the power of attention more than enfeebled; the sick man is fully capable of giving heed to any subject, but he soon tires of it, and is obliged from very fatigue to desist. He passes sleepless nights, is subject to singing in the ears, cannot bear much exercise, is troubled with irregular action of the heart, with a frequent desire to urinate, and with neuralgic pains in the face, or a feeling of soreness in the head; but he does not lose flesh, and his digestion is uninjured." It is clear that here there is impairment

of the brain as "an organ of mind." As to the nature of such cases and their progress, he writes:—"Many remain in this condition for months, and then slowly regain their health. What the precise condition of the brain consists in is uncertain, it is possible the nutrition of the organ has been interfered with from over-use or worry, and that the further continuance of mental toil and anxiety would have led to softening." It is this last which renders attention to this primary failure of functional power so important. If in these cases of psychical impairment the brain be rested from toil, for that is the first step, viz., to reduce the demand, and then be fed with appropriate material—the downward progress may be arrested, and even an upward direction taken. The ordinary digestive changes, the mere metabolism of substances already formed, may be unimpaired; but the capacity to construct the complex body lecithin is lost, or largely reduced; and for want of its own proper pabulum the brain is ill-nourished, and consequently, is impotent. In such conditions it is quite clear that one great matter is to supply to the organism material out of which this brain-pabulum can be readily constructed; and such material is found in the syrup of the hypophosphites, as is furnished by no other medicinal compound. If the digestive organs are impaired, then these must

be first attended to; and as soon as the assimilative functions are so restored as to permit of it, then it is well to give the syrup. There should be first rest of the brain, a limitation of the demand upon the failing organ, so as to give it "physiological rest;" then there should be "the baptism of healthy blood so essential for regeneration"; and for this latter the blood should not only be rich in nutritive material (ordinary), but it should contain a sufficiency of the special brain-pabulum (proper). For the construction of this last, phosphorus, in the form of the instable hypophosphorus acid, as found in this syrup, is invaluable.

Melancholia.—In conditions of lost cerebral tone, where there is positive insanity, such treatment of the brain—or rather the cerebro-spinal system generally—is also indicated. In melancholia, in conditions of mental enfeeblement, a brain- tonic is clearly suggested. The quinine and strychnine tend to flood the anæmic brain with blood, while the hypophosphorus acid supplies a "conspicuous constituent" of those complex fats upon which proper nutrition of the nervous tissues depends.

In cases of advanced organic change, as sclerosis or locomotor ataxy, phosphorus has been found of some service. It is obvious, however, that when the stage of gross organic change, degenerative or other, has been

reached, remedial agents can be of comparatively little service. The time for their successful administration is obviously the earlier stage, when there is functional impairment; which, if left to itself, will probably, before any long time elapses, pass on into structural changes. It must not, however, be supposed that this syrup or any other combination (existent or in the womb of the future), can act as a positive prophylactic against brain-exhaustion, if the demands upon the organ are not relaxed. If the demand which has broken down a healthy brain is continued when that brain is enfeebled, it is clear the latter must break down utterly under the burden. But if the load is lightened while restorative measures are adopted, then the utility of this combination in aiding the system to recover its lost or waning brain-power is unquestionable.

That resort to this, or like combinations of phosphorus, may be useful in conditions of excessive demand upon the brain in warding off failure, may be admitted; but it is obvious that if operative under such circumstances it is of doubtful utility if the demand be undiminished. But as to its value when other prudent measures are adopted—measures favouring brain recovery—there can be no valid doubt. In all cases where there is a heavy demand upon the brain as an organ of mind, along with enfeeblement of the digestive

and assimilative organs, it is clear that, along with appropriate food, some preparation of phosphorus in a less stable form than the phosphate, is indicated. Such a combination of phosphorus with nervine tonics, quinine and strychnine, and the hæmatic iron, holds out every promise of being of the highest utility, and is found in Fellows' Syrup of the Hypophosphites.

That this syrup will be of great service to overworked brain-toilers when on their restorative holiday is self-evident. The two should be taken together!

Having dealt thus with certain nervous affections where the use of Phosphorus, Iron, Manganese, Potash, Lime, Quinine and Strychnine is indicated, the mode of their exhibition should not be lost sight of; these substances administered in the form of pills, powders, or in solution containing an excess of acid, often do more harm than good, being insufficiently diluted, and impair the functions of digestion without improving the blood.

This preparation was originally compounded to overcome such objections, and subsequent experience extending over seventeen years has demonstrated that this combination may be taken an indefinite time without any unpleasant effect whatever.

XC.

From "L'ORGANE DE LA CONFRATERNITÉ MÉDICALE,"
Brussels, Belgium.—January, 1883.—Page 4.

(Translated from the French.)

A complete and perfect preparation, which adapts itself to constant and general use in all stages of Dystrophia, of organic debility, of nutritive cachexia, of threatened tuberculosis, and of developed tuberculosis, must necessarily contain both the recuperative agents in an assimilative form, and the remedies which quicken vitality and stimulate the functions of the organs. In this respect the special preparation of Mr. James I. Fellows, of London, appears to us to hold the first place and surpass all others, and we cordially recommend it to patients afflicted with organic dystrophia. The Hypophosphites of iron, manganese, potass, and lime which Fellows' Syrup contains, possessing the principal elements in a form easily reducible in the digestive canal, soluble and absorbable, therefore assimilative, tally with the visible symptoms of the renewed vitality of the whole frame. The quinine, and above all the strychnine, which figure in it in the approximative proportion of $\frac{1}{2}$ millig. per gram of Syrup, act as an incentive to the vital organs and check abnormal fermentation, by their antiseptic properties, is

sufficiently established by V. Chirone. Fellows' Syrup of Hypophosphites deserves in every respect the due consideration of Physicians, and cannot fail to render invaluable services in the pharmaceutic treatment of all morbid diseases and tendencies, either in a latent state or which are established, accompanied with organic debility and constitutional weakness. Finally we submit these considerations, of therapeutic import to the enlightened judgment of our medical fellow workers, in order that they may derive therefrom the advantages which, in our opinion, will stand the test of practical application.

XCI.

From FRANCISCO J. RAFOLS, ESQ., Med. Chir. Villanueva-y-Geltru, Catalonia, Spain.

(Translated from the Spanish.)

VILLANUEVA-Y-GELTRU,

SPAIN, 27th October, 1882.

MR. JAMES I. FELLOWS.

DEAR SIR,

Since becoming acquainted with your excellent preparation, which you have invented and composed for the benefit of humanity, I can assure you that in all

cases when I employed it, magnificent results have been produced.

Its therapeutical action has been most brilliant in some cases, viz. :—During convalescence from acute illness, when signs of anæmia are visible and especially in “ Phthisis Pulmonalis ” in even advanced stages, it has been an excellent aid through which I have been able to prolong for a considerable time the existence of patients suffering from these terrible diseases.

I have great pleasure in communicating to you the results I obtained, although my poor authority is nothing by the side of my eminent colleagues who have given their valuable opinion of this most useful Syrup.—I am sir, yours very truly,

FRANCISCO J. RAFOLS, M.C.

XCII.

From ALEX. SPEER KERR, Esq., M.R.C.S.E., L.M.,
Admiralty Surgeon, Reuvyle.

LETTERFRACK CO. GALWAY.

IRELAND, 12th May, 1882.

MY DEAR SIR,

I regret to hear that attempts have been made to interfere with your prescription of the Hypophosphites,

the profession should encourage and support the rights of a gentleman who has devoted his time and means in producing a Medicine, which has given such general satisfaction to the faculty, and such beneficial results to their patients; I have prescribed it, am highly pleased with its effects, and have not for a considerable time used any other than your preparation, which I value very much.

Very sincerely yours,

ALEX. S. KERR.

MR. JAMES I. FELLOWS.

XCIII.

From THOMAS MORE MADDEN, Esq., M.D., F.R.C.S.E.

Phys. to the Hospital for Sick Children, Obs. Phys. Mater. Miser. Hosp., Dublin. Author of "Treatment of Diseases of Women," "Health resorts of Europe and Africa," on "Insanity and Criminal Responsibility," and other works.

55, MERRION SQUARE, DUBLIN,

Oct. 14, 1883.

MR. JAMES I. FELLOWS,

SIR,

There can be no question as to the therapeutic value of your Syrup of the Hypophosphites as a tonic,

especially in the treatment of many of the chronic wasting diseases of childhood. I am, therefore, happy to add my testimony to that of others, who have had clinical experience of its utility in such cases. I consider this preparation one of the most generally serviceable remedies in several of those chronic strumous tubercular disorders of youth described in a paper of mine, published in the transactions of the International Medical Congress, held in London last year.

Yours very truly,

THOS. MORE MADDEN.

XCIV.

From THOMAS HAYDEN, Esq., F.K.Q.C.P., L.R.C.S.I.
Prof Anat. and Physiol. Cath. Univ. Dublin ; Phys.
Mater. Miseri. Hosp. Dub. ; author of "The Diseases
of the Heart and the Aorta," and other works.

18, MERRION SQUARE, N.

DUBLIN, *June 10*, 1881.

Doctor Hayden begs to inform Mr. Fellows that for some time past he has been in the habit of prescribing

his Syrup of the Hypophosphites in suitable cases, and so far, with satisfactory results.

XCV.

Letter from HENRY F. COLLIGNON, Esq., M.D.,
Physician to the United States of America, Legation, Belgium.

24 RUE DES CHEVALIERS, BRUXELLES.

August 9, 1881.

MY DEAR SIR,

I am most happy to let you know that I have prescribed your Syrup of Hypophosphites for several months, and that I consider the preparation a valuable tonic in cases of general debility and of nervous exhaustion.

Children take this medicine without trouble, and after some time seem to like it very much.

I have myself taken your Syrup and derived much benefit from its use.

I must thank you for the number of bottles you have kindly allowed me for my poor patients.

Believe me, dear sir, sincerely yours,

HENRY F. COLLIGNON, M.D.

TO MR. JAMES I. FELLOWS.

XCVI.

From CHARLES HOGG, Esq., L.R.C.P.E., F.R.C.S. Eng.
Surg. to Scottish Hospital and Great Western R.W.
Author of "On the management of Infancy in
Reference to Diet and Regime," "Treatment of
Scrofula," and other works.

12a, CHARTERHOUSE Sq., E.C.

DEAR SIR, LONDON, *Sept. 5, 1881.*

It gives me much pleasure to add my testimony
as to the value of your Syrup of the Hypophosphites,
I have found it strengthen digestion and restore nervous
exhaustion. It has also done much good in a Phthisical
case.

Believe me yours faithfully,

MR. JAS. I. FELLOWS. CHARLES HOGG.

XCVII.

From HENRY W. HUBBARD, Esq., L.R.C.P., Lond.,
M.R.C.S., Eng. Ass. Surg. Army Med. Staff; Vice-
Pres. St. Mary's Hospital.

21, ELGIN CRESCENT, KENSINGTON PARK.

SIR, LONDON, W. *5th Sept., 1882.*

I have used your Syrup of the Hypophosphites
with marked good effect.

Yours faithfully,

MR. FELLOWS. HENRY W. HUBBARD.

XCVIII.

From GEO. JAS. GOSTLING, ESQ., L.D.S., R.C.S.I.

STOWMARKET, ENG.,

16th Dec., 1882.

DEAR SIR,

I am constantly prescribing your Hypophosphites in my practice, and I have seen the best possible results from its administration. In many cases of hæmorrhage which are intolerant of the exhibition of the usual tonics, I find yours easily borne and as easily assimilated, causing neither headache nor nausea. Any practitioner at a loss to know *what next* to prescribe, should give your preparation a fair trial, and he will soon confirm my opinion of its usefulness.

I am yours very truly,

GEO. JAS. GOSTLING.

XCIX.

From E. MACFARLAN, M.D., 18 East, 128th Street.

NEW YORK, Aug. 7, 1882.

MR. JAMES I. FELLOWS,

DEAR SIR,

Your excellent combination of Hypophosphites salts with nervine and blood tonics, is in my opinion,

one of the most valuable therapeutical agents we now possess in the treatment of pulmonary diseases.

It is also highly efficacious in weak digestion, overworked brain, and in neurasthenia. During the past twelve months I have prescribed the Syr. Hypophos. Comp. Fellows in a number of cases, of these several forms of disease, and with results most gratifying to my patients and myself.

I am yours truly,

E. MACFARLAN, M.D.

C.

From WM. P. NICOLSON, Esq., M.D., Dean of the
Southern Medical College.

ATLANTA, GA,

June 1, 1882.

JAS. I. FELLOWS, ESQ.

DEAR SIR,

I have used your Syrup personally, and in my practice, and have always found it came in all respects up to what you claim for it, and shall be glad to see it generally introduced.

I am yours truly,

WM. PERRIN NICOLSON.

CI.

From R. WILLIAMS, Esq., M.D.

MARCELLINE, ILL. *Dec. 11, 1882.*

DEAR SIR,

About the 5th or 6th of last July, I obtained a bottle of your Comp. Syrup Hypophosphites. It was used in a case of Angina Pectoris and general break down that had been but little benefited by any other treatment, and gave me much satisfaction, it improved digestion, restored the appetite and strength very materially, and did good every way.

Thanks for the medicine,

Truly,

R. WILLIAMS.

TO MR. FELLOWS.

CII.

Extract from letter, A. W. READ, M.D.

WASHINGTON, *January 3, 1883.*

DEAR SIR,

I have recently found your remedy of great service in a case of Neuralgic Rheumatism, partially rebellious to nearly all the recognized remedies, and believe it to be a preparation of great value.

A. W. READ.

TO MR. FELLOWS.

CIII.

From ROBT. E. HAYES, Esq., L.R.C.P., Ed., L.M.,
M.R.C.S., Eng., late Surgeon Belfast General
Hospital,

50, DUNCAIRN ST., BELFAST,

IRELAND, 27th Sept., 1882.

DEAR SIR,

I have used Fellows' Syrup of the Hypophosphites
for a considerable time, both in cases of phthisis and
nervous debility, and I must say with the most satisfac-
tory results.

I am yours faithfully,

R. E. HAYES.

MR. JAS. I. FELLOWS,
LONDON.

CIV.

From JAMES YOUNG, Esq., M.D., L.R.C.S., F.R.S.A.,
&c., author of "Medical and Surgical Memoranda."

14, AINSLIE PLACE, EDINBORO.

MR. JAS. I. FELLOWS,

DEAR SIR,

My own (somewhat extensive) experience in the
use of your inestimable Syrup of Hypophosphites,
entitles me to claim for it a high position in cases of

Insomnia, acting as it does, indirectly through the nervous system, producing a calming tonic effect on the patient.

Yours truly,
JAMES YOUNG.

CV.

Extract from a letter of LENNOX BROWNE, Esq., F.R.C.S.,
Senior Surgeon to the Central London Throat and
Ear Hospital; Surg. and Aural Surg. Royal Soc. of
Musicians, author of "Throat and its Diseases,"
"Medical Hints on the Productions and Management
of the Singing Voice," "The Mechanism of Voice,
with Atlas," "The Mechanism of Hearing, with
Atlas," and others.

36, WEYMOUTH STREET,
PORTLAND PLACE, LONDON, W.
April 5, 1883.

..... I have found it (Fellows' Syrup of the Hypo-
phosphites), very valuable to singers afflicted with
nervousness.

I am, yours faithfully,
LENNOX BROWNE.

MR. FELLOWS.

CVI.

From A. EMRYE JONES, Esq., M.D., Edin., M.R.C.S.,
Eng., Surg. to the Royal Eye Hospital, Manchester.

10, ST. JOHN ST.,

MANCHESTER, ENG., 14th April, 1883.

DEAR SIR,

I have pleasure in testifying that I frequently prescribe with excellent results, your Hypophosphites in cases of "Ocular Paralysis," "Blepharospasm" and "Amblyopia," due to drinking and smoking. It is also of great value in the "Strumous Keratitis" of Infants.

Yours etc.,

A. EMRYE JONES.

CVII.

From J. HAWKESFORD HINCKS, Esq., M.B., and C.M.,
M.R.M.S.E.

HAY, BRECONSHIRE, WALES.

DEAR SIR,

13th April, 1883.

I have much pleasure in testifying to the excellent results I have obtained by the use of your Syrup of the Hypophosphites which I have prescribed very extensively the past two years. Formerly I used Parrish's Chemical Food, but have obtained far better results from the use of your syrup. I cannot speak too highly of it. For incipient Phthisis, Bronchitis,

Nervous Exhaustion, Anæmia, and General Debility, I have found it especially useful.

As to its action in promoting sleep I have not taken any special notice, but by improving the general system, there can be no doubt sleep will be induced.

Yours faithfully,

J. S. HAWKESWORTH HINCKS.

Mr. FELLOWS.

CVIII.

From GEO. CROKER, M.D., F.&L.R.C.S.I., Medical
Officer Ballymact. Dis., Belfast.

MOUNT POTTINGER,

BELFAST, *Feb.*, 1883.

SIR,

In prescribing special preparations many practitioners exhibit some diffidence, hence the experience gained by testing their efficacy is delayed. In the use of your Syrup of Hypophosphites such drawbacks have been laid aside by me for nearly two years, and I consider it a most useful addition to our medical formulæ.

Where prostration from lowering complaints, constitutional and otherwise, are present, it builds up and is a great adjuvant to the restoration to health. In

combination with Cod Liver Oil its efficacy tells quickly. In Chronic Bronchitic Affections its relief is marked, its usefulness is well developed in the latter stage of Whooping Cough, and the sequilæ of Measles. It would be needless to enumerate the different and many cases in which I prescribe it, up to the present, with satisfactory results.

Being connected with a large dispensary district I often wish it were on our requisition form. I have much pleasure in bearing the above testimony to your valuable preparation.

GEO. CROKER.

Mr. JAMES I. FELLOWS
London.

CIX.

(Translated from the French.)

From JULES FELIX, D.M.C.A., Household Physician
to the King of the Belgians.

BRUSSELS, BELGIUM, *June 17, 1882.*

Mr. FELLOWS,

I have employed with success your Syrup of Hypophosphites in certain cases of Paralysis, resulting from cerebral apoplexy, or chronic affection of the spinal marrow. I think that your Syrup of Hypophosphites might replace with advantage the preparations of pure Phosphorus, where that drug

cannot well be supported by invalids attacked by pulmonary tuberculosis. In any case, Sir, your preparation has so powerful an effect, that it should never in my opinion be administered without the order of the Physician, who should always mark its action attentively.

I am, Sir, yours truly,
JULES FELIX.

CX.

From J. ALEXANDER MACDONALD, M.D., M.R.C.P.,
F.R.C.S.L., & L.M.

GORDON HOUSE, HORSHAM,
SUSSEX, 14th April, 1883.

MY DEAR SIR,

I am obliged for your remarks on the use of your syrup in Insommia. I had the pleasure of hearing from yourself at the meeting of the British Medical Association, at Cambridge, the good effects of this preparation, and have continued to use it from that time as the best nervine tonic with which I am acquainted

Believe me, very sincerely yours,

J. ALEXANDER MACDONALD.

Mr. JAMES I. FELLOWS, London.

CXI.

FROM HENRY D. MARCY, ESQ., A.M., M.D.

BOSTON, MASS., *25th July*, 1882.

MY DEAR SIR,

I have long employed phosphorus in various forms with much confidence, and, considering your preparation very valuable as uniting in one compound the other essential tonics, I have used it in many diseases where a nervine tonic was indicated.

Since this condition pertains in a large degree to chronic diseases of the respiratory organs, it has naturally been used in a wide variety of lung troubles, and with much satisfaction.

I am, Sir, yours very truly,

HENRY D. MARCY.

MR. JAMES I. FELLOWS,

London, England.

CXII.

FROM C. H. EVANS, ESQ., M.D.

544, W. NORTH AVE., CHICAGO, ILL.,

Aug. 16th, 1882.

JAS. I. FELLOWS, ESQ.

DEAR SIR,

I used a bottle of your Syrup of Hypophosphites some time ago in the case of my wife, who was

suffering from nervous prostration, and am more than satisfied with its effects.

I remain, yours truly,

C. H. EVANS.

- CXIII.

From L. C. DAVIS, Esq., M.D.

VASSAR, MICHIGAN,

March 18th, 1882.

This is to certify that I have used "Fellows' Comp. Symp. of Hyphosphites" in diseases of the Throat and Lungs, and it has given me perfect satisfaction, I therefore cordially recommend its use to the medical profession.

L. C. DAVIS, M.D.

CXIV.

From J. G. HUGUENIN, Esq., M.D.

GADSDEN, SOUTH CAROLINA,

12th March, 1883.

DEAR SIR,

I have for a year or more prescribed your Syrup of the Hypophosphites. In my own case, I suffered

from Bronchitis with grave indications of incipient tubercular trouble, accompanied with cough, night sweats, &c. The first bottle improved the appetite, arrested the night sweats, and my general health became better ; and in six months my weight increased from 140 to 155 pounds.

Yours very truly,

J. G. HUGUENIN.

Mr. JAMES I. FELLOWS,
London, England.

CXV.

From C. I. FAUST, Esq., M.D.

GRAHAM, SOUTH CAROLINA,

December 8th, 1883.

MY DEAR SIR,

Yours of the 24th ult. received, and in reply I may say that I have been in regular practice here for thirty years, and have never found or prescribed a medicine which acts so well in the cases for which it is recommended, as Fellows' Syrup of Hypophosphites. My little boy, seventeen months old, took it a short time (he weighing fourteen pounds when commencing its

use), and now weighs more than double, he began the treatment about two months ago, his disease being general debility and want of assimilation, now he is in as fine health as one could wish.

I take this occasion to say to you, that I frequently prescribe it to my patients, and recommend its use to my medical friends, feeling convinced that when a physician tries it once he will not fail to continue its use.

I am, Sir, yours sincerely,

C. I. FAUST.

MR. JAMES I. FELLOWS,
London, Eng.

CXVI.

FROM WILMER BRINTON, Esq., M.D.

FOREST AND CHANCE STREET,

BALTIMORE, MD., *May 23rd*, 1882.

MY DEAR SIR,

I have had better results from the use of your preparation of Hypophosphites than any other, and use it frequently in my practice.

WILMER BRINTON.

TO MR. JAMES I. FELLOWS,
London.

CXVII.

FROM STEPHEN J. CLARKE, Esq., M.D.

217, WEST 12TH STREET,

NEW YORK, 7th July, 1882.

MR. JAS. I. FELLOWS, London.

DEAR SIR,

During the past five years I have frequently prescribed your Syrup of Hypophosphites in cases of Anæmia and Incipient Tuberculosis, with marked beneficial results. It is an excellent preparation, and I can cheerfully recommend it to the medical profession in all exhausting diseases.

Yours very truly,

STEPHEN J. CLARKE.

CXVIII.

FROM E. CHRISTIANSEN, Med. and Chirurg. Dr., 2095,
Main Street, Burlington, Iowa, United States of
America. 16th Feb., 1883.

MR. JAS. I. FELLOWS, London, Eng.

DEAR SIR,

I have read your book, which you kindly sent me, with great pleasure.

I have used your Syr: Hypophos: Co: Fellows:

for several years, and think that no physician can afford to do without it in any affections of the organs of respiration.

In convalescence from Scarlet Fever, Measles, or other exanthemata, it is unsurpassed. I have had the best success with it, but never fail to state (Fellows) in my prescribing.

Yours very truly,

E. CHRISTIANSEN.

CXIX.

From THEOBALD A. PALM, Esq., M.A., M.B., C.M.,
Nügata, Japan.

Mr. JAS. I. FELLOWS.

5th June, 1882.

Dear Sir,

I have much pleasure in adding to the many recommendations of your Syrup of the Hypophosphites my testimony to its value from the experience which I have had of it.

Though I am not yet able to speak of its results in Phthisis, I could give numerous instances of its great value in cases characterized by loss of nervous energy from various causes, and believe that in this class of cases it is an unequalled preparation.

Yours truly,

THEOBALD A. PALM.

CXX.

From R. V. GOREHAM, Esq., M.D., M.R.C.S., L.A.S.L
SANS SOUCI, YOXFORD, ENGLAND,

16th April, 1883.

MY DEAR SIR,

I have read with care your explanation of the value of the Syrup of the Hypophosphites in sleeplessness; and I beg to inform you that I have found it useful in such cases. One case came to my knowledge by mere accident. The wife of a patient called to have the prescription of your syrup repeated, because it had induced sleep when nothing else would; of course, I took notice of this, and certainly have found it efficacious in an irritable condition of the brain, when that organ is ill-fed. I consider your hypophosphites a valuable adjunct to our medical practice, and consequently, use it very much.

Believe me, yours very truly,

R. V. GOREHAM.

P.S.—It is somewhat singular that I was consulting quite recently with my assistant upon the use of your Syrup in cases where the use of Chloral or Opium had become a habit.—R. V. G.

[NOTE.—The P.S. refers to my letter on Insomnia.—
J. I. F.]

CXXI.

From the Editor, H. B. STEHMAN, Esq., M.D., Office
of "The Practitioner," 16, South Prince Street,
Lancaster, Pa., U.S.A.

28th Feb., 1883.

MR. JAMES I. FELLOWS.

DEAR SIR,

I write to express, though unsolicited, my appreciation of your Hypophosphites.

I am really delighted with it, from the fact that it supplies a want or fills a gap in our therapeutic resources. As a tonic for children or growing persons it certainly has no equal; and this effect is manifest to everyone who comes in contact with those who use it. A very intelligent gentleman came to my office recently, and said: "Doctor, your prescription has benefitted my oldest son so much that I would like my wife and youngest son to take the same, if you think proper." I simply repeated your Syrup. Yesterday I was told by an estimable lady, that her youngest child had improved very much, and asked that one of her daughters might take the same medicine; I consented. I have several patients taking it three times daily, and all except one are improving; this is a case of chest trouble, with a harsh ringing cough, though as yet I can find no destruction of tissue, and there is no

family history of phthisis ; he is taking $2\frac{1}{2}$ drachms of the Hypophosphites three times daily, and has been on this treatment since Jan. 1st : have you anything to suggest ? I write because I consider you deserve commendation for bringing this combination before the profession ; and possibly you may wish to correspond in reference to this particular case.

Yours very truly,

H. B. STEHMAN.

[NOTE.—When the cough is harsh and metallic, after using the Hypophosphites, relief may often be obtained by inhaling the vapour of hot water, in which a few drops of alcoholic solution of tar has been mixed.—J. I. F.]

CXXII.

From CHARLES FORD, Esq., M.D., L.R.C.S., late Supt.
Barony Lunatic Asylum, Glasgow, Scotland.

MAINS RIDDELL BY DUMFRIES,
May 3, 1883.

DEAR SIR,

Replying to your communication of the 12th ult., relative to the properties of your Syrup of the

Hypophosphites in sleeplessness, &c, I may say that having long used your preparation I have noticed its good effects in allaying nervous irritability.

This effect takes place only after the tonic has been taken for a considerable time. I have under treatment a case of phthisis pneumono-chronic, the patient has taken your preparation fifteen months; the first three or four months she could not sleep, partly because of her cough, and partly nervous irritability; now sleep takes place within the hour after taking the evening dose of syrup, and continues through the whole night: she coughs little, and has gained during fifteen months twenty-eight pounds.

The case is remarkable from its being an acute attack, with a prognosis that it would end fatally within six or eight weeks; instead of which a very small portion of the lung is becoming consolidated, and trifling physical disturbance has been caused.

I remain,

Yours very truly,

CHARLES FORD.

Mr. FELLOWS.

EXTRACTS FROM MEDICAL JOURNALS.

*For detailed reports see Treatise, Syr : Hypophos.
Fellows," 1881, 1882.*

"The compound is skilfully prepared . . . May
be given with confidence in cases of nervous debility."
—*London Lancet.*

"An excellent tonic in the debility of phthisis and
strumous conditions generally." — *British Medical
Journal.*

For descriptive statement see *London Practitioner.*

"Especially adapted to the treatment of nervous
affections; a valuable auxiliary in (treatment) of
bronchial and pulmonary diseases.—*Buffalo Med. and
Surg. Journal.*

"More pleasant to the palate, more acceptable to the
stomach, and supplies the wants of the system in such
cases as demand this class of remedies."—*Am. Med.
Jour., St. Louis, Mo.*

“ We have tried it in many cases of lowered vital power, such as debility which follows diphtheria, with marked and speedy benefit.”—*London Med. Times and Gazette*.

“ An admirable tonic for the nervous system and digestive organs: highly recommended by eminent physicians in all parts of the world.”—*London Specialist*.

“ A preparation well deserving of the notice of practitioners.”—*London Medical Press and Circular*.

“ May be fairly described as the ‘ ne plus ultra ’ of tonics, deserving of a high place in the treatment of all diseases marked by debility, loss of appetite, and anæmia; especially in consumption and in convalescence from acute diseases.”—*Birmingham Medical Review*.

“ One great advantage of Fellows’ syrup is that its composition is known, constant (as far as we have been able to judge), and stable. Some imitations of it that we have seen certainly did not possess the latter essential quality.”—*Dub. Med. Journal*, Aug. 1882.

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*Each fluid drachm contains Hypophosphite Strychnia equal to
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STIMULANT AND TONIC.—Two teaspoonsful at meal times in two wine-glassesful of water (cold).

For Children, the doses should be regulated according to age, viz., from 9 to 12, one-half; from 5 to 9, one-third; from 1 to 5, one-quarter.

To secure the full remedial effect ALWAYS dilute largely with cold water.

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Stimulant Dose: In Coma, Poisoning from Opium preparations, Chloral or Alcohol, to be repeated every half-hour until consciousness is restored, then the Tonic Dose, as directed.

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TO STRENGTHEN AND DEVELOP NURSING INFANTS.—Let the mother take the Tonic Dose as directed with the food.

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The Fellows' Hypophosphites is dispensed in bottles containing 8 oz. and 15 oz. by measure—the address, Fellows & Co., St. John, N.B., blown on—the name, J. I. Fellows, St. John, N.B., in watermark upon the yellow wrapper; it is hermetically corked, and sealed with crimson gelatine; is heavy, slightly alkaline, has a pleasantly bitter taste, and deposits a flocculent brown precipitate of Hypophosphite of Manganese when left undisturbed for forty-eight hours.

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Private Letters :

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Business Letters :

T. C. STRATTON, *Secretary*,
1937, P.O. BOX, 48, Vesey Street, NEW YORK, U.S.A.

BRADBURY, WILKINSON & Co., Printers, 35, Bucklersbury, London, E.C.

SOME CONDITIONS
OF
INFANCY AND CHILDHOOD

IN WHICH
THE SYRUP OF HYPOPHOSPHITES
(FELLOWS')
IS BENEFICIAL.

[FOR THE MEDICAL PROFESSION.]

PART IV.

NEW YORK : 48, VESEY STREET.

PARIS : 5, RUE DE LA PAIX.

LONDON :

JAMES I. FELLOWS, 67. HOLBORN VIADUCT, E.C.

1884.

To the Medical Gentlemen who have honoured me with the Reports and Testimonials which so greatly enhance the value of my publications, and to whom the works are respectfully dedicated, I tender the most cordial thanks, with the assurance that the contributions shall be used in such manner only, as is consistent with the ethics of the Profession.

JAMES I. FELLOWS.

LONDON, *August*, 1884.

PREFACE.

IN submitting his fourth pamphlet, Mr. Fellows warmly thanks the Profession for their liberal recognition of the value of his Syrup of Hypophosphites.

To one fact and its consequences he would earnestly ask their attention—viz., the fraudulent and dangerous imitations that are substituted for his reliable and prescribed Syrup, and to the attendant dissatisfaction and risk in the use of the fictitious article.

These imitative preparations have been severally examined by Mr. Fellows, and not one has been found to possess the distinctive characteristics of his compound—viz., identical composition, freedom from acid reaction, stability in vacuo, the quality of *retaining Strychnia in solution* for an indefinite time,

and pre-eminence in arresting disease. Hence, to prescribe the inferior substitute is to invite disappointment to the Physician; while the patient, to whom time is life, does not reap an immediate benefit, and incurs a grave risk of being poisoned by precipitated Strychnia in the last few doses.

Mr. Fellows therefore ventures to think that, for their own and their patients' interests, it is well for the Medical Profession to employ an agent of known composition and properties—and to make assurance doubly sure, it is safer to prescribe the Syrup in the original bottle, where the distinguishing marks may be seen and imposition prevented.

(See Letter CLI.)

SOME CONDITIONS OF INFANCY
AND CHILDHOOD
IN WHICH
FELLOWS' SYRUP OF THE HYPOPHOSPHITES
IS BENEFICIAL.

THREE pamphlets dealing with the utility of his syrup have been of recent years issued to the medical profession by Mr. Fellows, with the result of an increasing demand for the syrup—an evidence of the value attached to it of unquestionable weight ; and many kind letters from those who have made use of it. The 1st pamphlet dealt with its general utility ; the 2nd with those conditions of the respiratory system where it can be given with advantage ; and the 3rd with some affections of the nervous system in which the syrup is of service. The present pamphlet deals with some morbid conditions of early life in which its administration is likely to be followed by satisfactory results.

Some General Conditions.—Though the chemical composition of the syrup, pointing to the conditions where

it is indicated, has been given in the previous pamphlets, it may be mentioned briefly again as a reminder to those from whose memories the matter may have slipped, or been crowded out by other more pressing business ; and for the benefit of those who may not have been familiar with the preceding pamphlets. It contains iron, lime, potash, manganese, with quinine and strychnine, in combination with hypophosphorous acid. It is abundantly clear from its composition that its use is indicated in some widely different morbid states. And that the mode of its preparation has much to do with its good effects, is also abundantly proved by the fact, that medical men return to the genuine, after prescribing the various imitations, said to contain the selfsame ingredients, having realized that the safety of the patient is involved in the change.

First comes its utility in chronic debility in infants and children, especially where this is due to deficiency in the assimilative processes. Many delicate children have feeble digestive organs, and consequently remain ill-nourished and weak, despite all the care and attention which can be given to their dietary and their hygiene. The dietary of early infancy is milk : a complex fluid which besides caseine (flesh-forming element) and milk-sugar and fat (the hydro-carbons), contains various salts of soda, potash, and lime. When the child is a little

older some farinaceous material is added usually as some preparation of our cereals, alone or combined. These last furnish some albuminoid matter, starch (from which grape sugar is formed in the digestive processes), and phosphates of lime, &c. Oatmeal contains a notable quantity of fat, which has in all probability determined the preference time has given to it for the nursery. Long before the analytical chemist came to tell us why, the observant nurse had noted the excellent qualities of oatmeal as a nursery food. Maize contains even a larger proportion of fat than oatmeal; and maize, too, experience has decided, is an admirable food for growing children with waxing tissues. Fat is necessary to the building-up of healthy tissues; and if the dietary do not contain a sufficiency of fat, degraded tissues, with caseous glands, are very apt to follow. Bone requires for its formation phosphate of lime, furnished by the cereals in abundant quantities. The brain, too, requires fat for its construction—but not a simple fat. Lecithin (the brain-food) is a complex fat containing both nitrogen and phosphorus. In a perfectly healthy child the assimilative processes are equal to the digestion and metabolism (or transformation within the body) of these substances, and to the building-up of the complex lecithin. But all children are not perfectly healthy, or quite equal to such processes. Indeed, it has been pointed out by a well-known medical

authority, Dr. Milner Fothergill ("Indigestion"), that deficient energy in the assimilative processes is a marked characteristic of the children of the present day; a fact testified to by the myriad of prepared foods required now. Failure of the digestive organs, of which he regards dental decay but a part, seems certainly on the increase, especially among the infant population of towns. The consequence is that tissue-nutrition is impaired, and we get wasting (muscular mal-nutrition), rickets (bone mal-nutrition), and mental backwardness (brain mal-nutrition). The two latter conditions will be specially discussed later on. The first, wasting, or marasmus, is very commonly seen. Here a general tonic is indicated, and especially one which shall contain also iron, lime, and potash. Fat also is required, and the syrup can be given along with cod liver oil (see p. 58), or some cream, or other fat-emulsion.

By proper attention to the dietary the good to be derived from the resort to this syrup can be greatly increased, while an erroneous dietary will distinctly lessen its utility. When given with a judicious dietary, excellent results will be attained in general mal-nutrition; though the improvement may be slow where the natural powers are pronouncedly feeble. Perseverance will in most cases meet with its own reward. Of course, it is scarcely necessary to insist that the results must neces-

sarily be widely different where the child is placed amidst favourable surroundings, as in a healthy neighbourhood with plenty of fresh air, than in a low-lying, crowded locality. The syrup cannot be expected to fully compensate for such essentials as fresh air and a healthy site. But even under not very favourable circumstances its use will be found of service. In certain cases it might be well to administer the syrup to the mother or nurse, and thus mediate to the infant; especially where the direct administration of the syrup is not successful, or the child dislikes it much.

Convalescence.—From what has just been said, it is easy to see how invaluable such a syrup may be made in retarded, or imperfect convalescence. Childhood is the age of man peculiarly liable to be attacked by acute specific diseases, so much so, indeed, that measles, scarlatina, chicken-pox, and whooping-cough are regarded and spoken of as “diseases of childhood.” Children, too, are liable to croup, genuine and false. Convalescence is rarely delayed in the case of croup, except in a delicate child, or one unfavourably situated. After the specific maladies, however, the case is widely different; and convalescence is commonly unsatisfactory, as after diphtheria. The child has been reduced by the struggle with the illness, and is not uncommonly reduced to death’s door, and its recuperative powers are very feeble. Here the

syrup is fraught with the best possible auguries. The tonic qualities of the vegetable elements, the iron, as an hæmatic, and the other salts, repairing the loss of the blood-salts in the disease, soon make themselves felt ; and the consequence is the child rapidly becomes rosier, fatter, and stronger.

After measles an unsatisfactory condition, with a tendency to chronic lung-changes, or to glandular enlargements, is very marked in many cases. Perhaps to some extent this is owing to the fact that measles being regarded as an illness rarely fatal, the same care is not exercised that it has been found necessary to give to scarlatina. But granting this, there is in measles a marked tendency "to leave something behind it." And this "something" is a tendency to a low creeping inflammation of the lungs, or to glandular swellings, with a general condition of mal-nutrition. Consequently, so soon as the active symptoms of measles have passed away, it is well to give the syrup without waiting to see what the natural efforts can do ; or rather what they are unequal to doing. If left to themselves after measles many children drift into a condition of impaired general health, which not infrequently ends in death ; while more frequently the organism carries with it through life the impress of the post-rubeolar mal-nutrition. In most cases such a condition can certainly be avoided

by watchfulness and appropriate measures; amidst which last Fellows' Syrup of the Hypophosphites will ere long take a recognised position.

Scarlatina is a malady less liable to leave this "something behind"; but while free from this as a general charge, it certainly is very liable to leave in its wake a certain amount of otorrhœa, that is, a discharge from the ears; which not only lingers persistently, an unsightly nuisance, but is not free from a certain amount of danger, as well as deafness. Many a neglected discharge from the ear has ended in inflammation of a fatal character. When then any deterioration of the health remains after scarlatina, even if it be only an apparently harmless discharge from the ear, the same measures should be adopted as have just been advised after measles.

Whooping-cough, if severe, almost always leaves its victim wasted from the vomiting to which it so constantly gives rise. Further, a cough closely resembling whooping-cough, but really an imitative cough, the result of habit, is apt to remain after the real specific malady has disappeared; for which the vegetable tonics in the syrup are the best possible remedies.

In all the above cases, it is well to adopt the measures of removal to the sea-side, with good food, and cod-liver oil (see p. 58); and to these the syrup may be added with much advantage.

There are, however, other maladies in which the convalescence is apt to be tardy or incomplete. This is notoriously the case **after typhoid fever**; where not only are the powers generally impaired, but the absorbent surface of the bowel is apt to be extensively injured by the morbid process of typhoid, or enteric fever, as it is variously designated. Intermittent fever in childhood often produces a similar condition of defective energy allied with impaired nutrition. After these two maladies the measures recommended for the before-mentioned specific conditions are all indicated, and the syrup will be found adapted to most cases.

Growth.—Childhood is *par excellence* the period of growth. Growth is regarded by many (or, to speak more accurately, disregarded), as a steady uniform progressive process, merely requiring the recognition of the fact that the waxing tissues demand liberal supplies of animal food, or its equivalent, for their complete nutrition. Such, however, is not the case. Growth consists rather of periods of quiescence with fits and starts of acute growth. Sometimes the acute growth is so pronounced as to render the child for a time a distinct invalid, not only unfit to pursue its studies, but rendered unequal to its wonted games and amusements. It is content to lie quietly and do nothing. Its ordinarily active brain is torpid, because the blood is taken away from it to the

waxing ends of the bones, and corresponding elongations of the muscles. From this anæmic state of quiescence the brain wakens up, and resumes its activity, as the blood returns to it from the tissues whose spell of growth is completed. At such times the syrup is of marked utility in aiding the brain to regain its energy. Indeed, after such periods of active growth follows a time when the same measures as are indicated in convalescence from acute specific maladies, are all suggested. This matter of growth has been too long neglected, and deserves more attention from the profession, and from parents and nurses, than has hitherto been given to it.

The Alimentary Canal.—Early childhood is liable to affections of the mouth, throat, stomach, and bowels; of which something may be said here. All are familiar with the “thrush,” the white spots which form on the surface of the oral cavity. When an infant is very weak, active eyes are on the outlook for the dreaded thrush. Yet the “thrush” (or *aphthæ*) consists merely of a growth of cryptogamous fungi; innocuous in themselves, but ominously suggestive of weakness. The watchers know that the appearance of thrush is usually quickly followed by collapse of the powers. In states of great weakness, mainly in children (but also found at times in adults when the powers are greatly reduced), the mucous membrane of the mouth becomes acid, and upon this, “as

upon any foul vegetating surface," the minute spores of the fungus find a favourable habitat upon which they thrive and grow. The appearance of this thrush tells in an unmistakeable manner that the organism is at sinking point. Nothing but active measures are of any avail. When the thrush appears in a case inevitably fatal, nothing can save the patient. But where, as commonly happens in infants, the debility is due to diarrhoea, or other cause of weakness by no means necessarily fatal, then active measures may save the child. Small doses of the syrup at comparatively short intervals with milk, beef-tea, and cod-liver oil (see p. 58), will rescue many a sinking infant from the tiny grave opening for its little emaciated frame.

Stomatitis is an inflammation of the mucous membrane of the mouth, where small blisters show themselves, especially along the edge of the tongue, and make the mouth so sore that the poor infant cannot suck, or, if a child, can scarcely take the blandest and least irritating food. It is usually treated with borax and honey (the time-honoured cure for "sore mouth"), to which chlorate of potash has been added of recent years; but a suitable tonic internally is certainly suggested. Here the syrup will give good results; as it will in the more advanced stage of "canker" (*noma*), though this last is a much more serious condition.

Diphtheria has been already alluded to, and in its acute stage requires its appropriate treatment;* but there are chronic conditions of sore throat to which children are liable where the syrup is clearly indicated. Such sore throat is accompanied by ulceration, either follicular (where the ulcers are small and numerous), or in patches. Here there is always a condition of constitutional and general debility with, not uncommonly, some blood-deterioration, allied to the "hospital sore throat," so well known. Here a tonic is always necessary, and no better combination can be found than is offered in Fellows' Syrup of the Hypophosphites. Of course, a liberal dietary and fresh air are essential, as in convalescence from debilitating diseases

Diarrhœa, of a chronic catarrhal character, where lumps of acid mucus are voided per anum, forming a favourable nidus for the troublesome seat-worms, is a condition where the syrup is likely to furnish very satisfactory results. Where such is the case it will be found good practice to get rid of this acid mucus, which is apt to give rise to much griping, by an alkaline purgative, as a little soda and rhubarb (see p. 58) before commencing with the syrup. In constipation from want

* In some portions of America where diphtheria prevails, the syrup is considered by the faculty as essential to recovery, and they prescribe it freely.

of tone in the muscular fibre, the Hypophosphite of strychnine in the syrup points to its claim to be tried.

Affections of the Respiratory Organs.—Children are very liable to catch cold, which may vary from a slight catarrh to a serious attack of bronchitis, or pneumonia, to which they often succumb. **Bronchitis**, which is seldom fatal to a previously healthy adult, is notoriously fraught with danger at the extremes of life. Young children can rarely cough up the phlegm, and of course cannot be taught—being of too tender years to understand, and consequently sink asphyxiated. The same is the case when the powers are failing in old age. If the air-tubes become choked with phlegm the end is clearly not far distant. Now it has been pointed out in Pamphlet II. that Hypophosphite of strychnine is at once a potent and direct stimulant to the respiratory centre in the medulla oblongata. By such an agent the inspiratory efforts are encouraged and strengthened when taxed, and the expiratory efforts of cough to eject the phlegm, rendered more vigorous and effective. Consequently, in many cases the use of such an agent may be the means of avoiding death from accumulations of phlegm obstructing the respiration. Here strychnia is of incalculable value, and should be given at frequent intervals. The faster the respiration, or the more livid the features, the greater the urgency, and the demand for something which will

maintain the respiratory efforts. The other agents in the syrup as well as, and in addition to, the Hypophosphite of strychnia, point to the use of the syrup. Especially is this to be borne in mind when no other remedial agent is within reach in a case of emergency from embarrassed respiration. With the syrup at hand the medical man can feel that he possesses at his command a very excellent remedy, both stable and of uniform strength, by which impending death can often be staved off or averted.*

From the proportion of strychnine and the effects of the latter upon the respiratory centre, there are other morbid conditions which severely tax the powers of the immature, in which the syrup can be advantageously given. When **pneumonia** is extensive and the inflammatory process is spreading through the lungs, by which the breathing becomes more embarrassed and rapid, the syrup will often be found of immeasurable service, giving strength to the respiration, and so enabling the little sufferer to bear up under the demand.* Once the spread of the disease has ceased, then the continuous and persistent administration of the syrup is called for. Many children sink after the battle is fought successfully, in

* A "Stimulating Liniment" (see p. 58) applied to the chest, and over the pulmonary region, frequently assists in reducing inflammatory symptoms, and relieves difficulty of breathing.

the succeeding debility: because sufficient attention is not paid to the exhaustion of the respiratory centres from the long and severe demand upon them. Indeed, children are very liable to collapse after the respiration has been severely taxed, as well as during the acute demand. By attention to this important matter the mortality from disease in the respiratory organs in children should be materially lessened. In chronic pneumonic conditions; and where the thoracic space is encroached upon by collections of fluid, as in pleuritic effusions and empyema, and consequently the breathing embarrassed, the syrup will be found of signal service as a respiratory stimulant, as well as a general tonic.

In "**pigeon-breasted**" children all the dangers just enumerated are found intensified. The bones of the thoracic walls, especially in the terminal ends of the ribs, are drawn in by the efforts to breathe, in some lung affection, and never recover themselves. The chest is permanently deformed, and the thoracic space lessened, so that any demand upon the respiratory powers is keenly felt. In children so crippled, it becomes doubly necessary to come to the rescue with appropriate measures when disease which embarrasses the respiratory organs, assails them.

Cyanosis.—Some children are born alive with imperfectly developed hearts. From the mixing of the

arterial and venous blood the features are blue or livid, often so much so as to attract the attention at once. These creatures with reptilian hearts are themselves reptilian and chilly, rarely attaining maturity. For them the syrup is specially indicated: as strychnia is a good heart tonic as well as a respiratory tonic.

Mucous Discharges.—In delicate children, especially of the strumous diathesis, discharges from mucous membranes are common. The fluid has a composition which tells that such discharges must be very debilitating, and that the organism is the victim of “poverty from waste.” The discharge may be nasal, rectal, or urethral, or rather vaginal, for of children it is in girls’ **blennorrhœa** it is most commonly seen; but in all cases it is very exhausting—in proportion to its amount. Astringent applications are distinctly called for, wherever applicable; but at the same time general tonics are very desirable, and the composition of the syrup points to its employment in such cases.

Skin Affections.—Delicate and ill-nourished children are liable to skin eruptions from mal-nutrition, for which cod-liver oil and steel wine have been found to be far more effectual than local measures, or the remedies found efficacious in other skin affections. When the nutrition is improved the skin heals; more or less readily according to the general condition. The skin here waits upon

the general health. Impetigo pemphigus, and that form of eczema which is found in children along with white stools (Tilbury Fox) are cases in point. In all such maladies, and they constitute a large proportion of the skin diseases of childhood, the syrup, with cod-liver oil (p. 58) and a generous dietary, will be found of great service.

Sweating.—Children very often sweat profusely, and especially over their scalps. Here the loss of blood-salts in the sweat constitutes a very serious drain upon the system; and, while arresting the tendency to hydrosis by belladonna, it is well to supply to the body the lost salts by means of the syrup.

Tuberculosis and Scrofulosis.—For all practical purposes these two morbid conditions can be advantageously considered together. The distinction betwixt them is rather a clinical one, convenient for the classification of the various forms of maladies, than any essential difference in their pathology. Practically speaking, tuberculosis is usually applied to internal maladies as “pot-belly” (**tabes mesentericus**), where there is great enlargement of the abdominal glands, and to conditions of pulmonary phthisis, or to affection of the cerebral meninges (**acute hydrocephalus, or acute tubercular meningitis**); while scrofulosis is rather used when speaking of external glands, as the glands of the neck more

especially, and the enlarged joints which too frequently break down interstitially and suppurate.

There is some difficulty about the use of the word tubercle at the present time. The main practical idea to grasp about it is, that it is a lowly form of cell-growth, or degraded tissue. The great master of pathology, Rudolf Virchow, has struck out a brilliant generalisation for all practical purposes, carrying within it the germs of correct remedial action. He says: "The form is produced by the growth of the tubercle from single cells of connective tissue by the degenerative proliferation of single groups of connective tissue corpuscles." That is, connective tissue corpuscles are formed in too great quantity, and of lowly form, or degraded quality; the greater the number the more degraded or imperfect each cell. The relations of tuberculosis and scrofulosis are those of the strumous diathesis, in which tissue-formation is imperfect, aggravated by unfavourable surroundings, as an unhealthy situation, or deficient food, or both. The glands are especially liable to suffer from this excessive production of degraded cells, which crowd upon each other till masses die bodily, known as caseous degeneration, which commonly passes on into suppuration; the gland discharging its contents by a perforation of the skin, which leaves an ugly cicatrix when the suppurating process is accomplished and over. Whether this cell

growth is in the textures of a gland, in the epiphyses of bone, or amidst the alveoli of the lung, it has always the same tendency to undergo degeneration, and to die. Delicate children with imperfect assimilation are specially liable to this development of lowly tissue. The subject is clearly put by Wilks and Moxon in their well-known work on *Pathological Anatomy*. In speaking of tubercle in bone, they say: "Some consider as tubercle all the numerous cases in which we find a caseous, slowly progressing suppuration, tending to the softening down of the proper tissue-within the bone. There is much good reason to consider that such caries is of the same nature as in local tuberculous disease. In either case the proper tissue is destroyed by a lymphoid formation which perishes, itself and the proper texture dying together. In either case the disease is slow and tenaciously obstinate. Any one of the whole class of tuberculous diseases, including caries itself, is very often and very significantly associated with others of that class; so that, by their concurrence as well as by their analogies and identity of character, these diseases form one great class. Thus the scrofulous or tuberculous caries of the joints in particular is very frequently associated with pulmonary phthisis and other tubercular diseases, as of the intestines, larynx, &c. There is then, we think, sufficient ground to class the caseous disease of the bones with the

caseous disease of the glands, spleen, supra-renal capsules, kidney, testis, lungs, &c. And if this be agreed, it is comparatively unimportant by what name you may call the group which has common features of such main importance, especially when there are no distinctions among them to be in any way compared with their common features."

This is a sketch at once comprehensive and graphic. What are these "common features"? They consist in the development of lowly tissue amongst proper normal tissue, until when the one dies the other perishes with it. But the proportions vary in different cases. Sometimes, and sadly too frequently, the lowly tissue preponderates until it carries the normal tissue with it to a common death: this is especially liable to occur in an organism generally defective, or unfavourably placed. In other cases the normal tissue is sufficient, if backed by a fairly good constitution, to survive the trial, and recovery takes place by the withering up of the degraded tissue. It is clear from this that the pathology of this wide-spread condition, with its "common features," is the improvement of the tissue-nutrition, by which the normal tissue will be strengthened; and even the degraded growth saved from dying by molecular necrosis, whether caries or suppuration. The cancellated structure of the bony epiphyses, a bony lattice-work of an admirable design, the

reticulated work of glands, is especially liable to be the seat of this destructive excess of degraded cells. The lesson taught us by the study of this pathological process, is that of improving the general nutrition, and with it the nutrition of every part, every cell. Good food, fat for the building up of healthy tissue, fresh air, a good supply of blood-salts and general tonics, are the means to be adopted. And as a remedial agent in this condition, it may be asserted without fear of contradiction, there is no combination at present in existence which can compare with Fellows' Syrup of the Hypophosphites.

In all enlargements of joints, in all glandular enlargements, in all cases of tubercular formations, the one great matter of treatment is to follow the indication thrown out by our familiarity with the morbid process common to all; and that is improved nutrition. Even when the stage of suppuration is reached, and the system is suffering from the drain of a discharge, the same measures are indicated. Here it is not only the iron, in combination with quinine and strychnine, forming a good general tonic, but it is the other salts, compensating for the loss of the blood-salts, which have a distinct value. As to the value of the hypophosphorous acid in osseous affections, it may be considered in connection with the next subject—rickets. Before proceeding to this, it may be well to point out

that even when the caseous degeneration of the neoplasm (tubercle) is going on (no matter whether in the lungs, the glands, or the ends of bones), to softening and suppuration, the use of the syrup is indicated to compensate the loss of blood-salts; and when the softened mass is got rid of, the syrup is useful to restore and reinvigorate the weakened frame.

Rickets.—Whether this is seen in spinal deformity, bowed legs or pigeon-breast, the disease is essentially an imperfect development of bone. First bone is represented by cartilage in which calcified material is developed, the formation of vacuoli therein, and the production of true bone tissue.

“The disease known as *rickets* consists of a disturbance of the process of ossification, such as to delay its ultimate stages, while it hastens the earlier, thus producing a mass of imperfectly ossified matter upon the growing end of the young bony shaft; while it also softens the shaft itself, by making a quantity of incomplete and weak bone under the periosteum. Meantime the medullary canal, widening, removes much or all of the better bone formed before the rickets sets in. Thus the bone becomes thick, soft, and weak, its ends being swollen through the presence there of the actively growing cellular mass of disordered ossifying cartilage” (Wilks and Moxon).

Now in contrast with this may be placed what Professor Sidney Ringer says about the effect of the administration of phosphorus upon the formation of bone. "Given in doses too small to affect the stomach and liver, phosphorus modifies the bones, especially in growing animals. Thus, where spongy tissue should be formed in the growing bone, dense solid tissue takes its place, which, examined by the naked eye and the microscope, is found to consist of well-formed bone." This latter development of bone is just what is deficient in rickets, and consequently phosphorus is clearly indicated. The combination of phosphorus in the instable form of hypophosphorous acid, with lime, and general tonics, is the remedy for such defective osseous development. And where children are found to be the subjects of incipient rickets, it becomes necessary to supply to them lime and phosphorus in some other form than that of the earthy phosphates of the cereals; which the defective digestive organs cannot assimilate. And this combination the syrup supplies.

Pathologically allied to rickets is the condition of dental development casually related to the widespread decay of the teeth at the present time. Recent microscopic research has shown us that the teeth most liable to decay are those in which there is an imperfect development of solid bone. The defective bone readily gives

way under the action of the acids and minute organisms which form the immediate cause of the dental caries. If teeth, structurally perfect, could be secured, then the spread of caries could be largely arrested. The use of the syrup would be very likely to attain this end ; and contains much promise.

Though no constitution seems proof against dental decay at the present day, other bone-maladies are largely found in the strumous : in whom defective ossification is a marked feature. Their bones are small, with slender shafts and large epiphyses : as is often well seen in the hand. The lips are full, often thick, while the nose is thick, especially at the alæ. The neck has a tendency to enlarged glands. The physiognomy of the great lexicographer, Dr. Samuel Johnson, is that of a typically strumous subject. Strumous children are very liable to pass uric acid, and often have a sour smell. Beyond its other constituents the syrup contains potash, which Lugol, and other authorities upon Scrofula, have found to exercise a very beneficial effect upon the strumous.

Nervous Affections.—Childhood is the period of development, the time when the tissues grow until the full stature is attained. With all but the nervous system, this is little more than a process of enlargement of the various organs, bones, muscles, blood-vessels, and viscera. The nervous system has something more to do than

merely wax ! See how long it takes the child to learn to walk and to talk, to judge of distance ! See the little child grasping at the moon ! Then it gradually learns certain special movements, as to throw a stone, for instance. Also it slowly learns to distinguish the different letters of the alphabet, after that their combinations in words ; to recognise numerals, and to count, just as it learns to spell. Slowly, gradually, by infinite pains, this capacity to spell and count is acquired. Greater receptivity comes in time ; several languages, perhaps, are acquired ; the memory is strengthened ; wide additions are made to the child's information ; and, at the same time, skill is attained in various games and exercises. It learns to row, to skate, to ride, to fish, to play upon musical instruments. But all are slowly acquired ; though some children are more apt to learn than others. In each case there are changes wrought in the brain ; and these are of the nature of development, by which that which was once simply impossible becomes easy ; so easy as scarcely to force itself upon the consciousness. Thus we learn to walk so completely that we walk without conscious effort ; unless the way is rugged, or otherwise calls for the attention. The skilled musician's movements seem almost automatic, they seem to involve so little consciousness. Yet with what pains are they acquired ! How often is the aid of one who has already

acquired the skill requisite—the teacher—to the acquisition of this power by another! This physiological function has its anatomical correlative in the structure of the brain. The brain-cells become more complex, have more fibrillar communications with other cells, as they grow and gain greater power. Little masses of tiny cells correspond to movements which are complex and only acquired by pains and perseverance. For such evolution, or development of the nervous system, nutritive material is essential. And that nutritive material is lecithin, a phosphorised, nitrogenised fat. In perfect health this elaborate compound is built up out of the elements of our food. Some children are backward because the power to construct lecithin is defective. The nerve-centres are dormant. What is so likely to rouse them as the vegetable nervine tonics, quinine and strychnine? while phosphorus, in a readily assimilable form, is necessary for the construction of lecithin. Provided with suitable materials, the assimilative processes can supply a sufficiency of pabulum to the nerve-centres for their further development. In all cases, then, when the nervous system lags in its development, the appropriate stimulus is indicated. We often see children, learning to walk, “taken off their feet,” that is, for the time unable to walk, in consequence of some weakening cause, as diarrhœa, for instance. The nutrition of the nerve-

centres is insufficient to maintain their functional activity with their imperfectly and recently acquired powers. After some maladies, paralysis of extensive areas may result, as is notoriously the case after diphtheria. In all such cases a tonic is required which will specially meet the necessities of the case. And such a tonic is surely to be found in this Syrup of the Hypophosphites.

Take **Chorea**. It is a malady of childhood, often seen in children where the nervous system is imperfectly developed, and the spinal centres lag behind. At other times, in children of great nervous susceptibility. What says Dr. James Ross about the causation of chorea—"The conditions usually present, such as cardiac diseases, are such as to cause anæmia of the nervous system, and the phenomena of chorea are best explained on the supposition that the excess of irritability of the nervous centres is caused by defective nutrition of their tissues." Bearing on what has been said about the slow acquisition of power by the nerve centres may be quoted what Dr. Hughlings Jackson has to say on the subject. "Since the disorder in chorea is of movements which are acquired, and which are probably only fully learned by a long apprenticeship, I used to suppose that the nervous arrangements for these movements were but partially developed in children, and that the motor processes involved, and their arterial integration, would be, so to

speak, caught in a state of incomplete development—in short that their centres were diseased when *half* educated.” What Dr. Jackson says about the causation of chorea probably applies to many other “half educated” cerebral areas; and as he finds “under-nutrition” of the tissues the cause of the symptoms of chorea, so “under-nutrition” will be found to underlie many other morbid disturbances of the nervous system wherein the use of Fellows’ Hypophosphites is indicated. See Letter CXXXIX.

This syrup being a powerful nerve tonic and food is admirably adapted to imperfect development of the nervous system, whether partial or general, and is markedly suitable to children who are precocious, whose assimilative functions are not up to the task of supplying the waste consequent upon active brain expenditure; such children while needing rest and restraint rather than encouragement in the development of their faculties, will be so greatly improved in physical strength by the use of the syrup, as soon to resume their intellectual training.

Such are conditions of childhood where the use of the syrup will be found to be beneficial.

CXXII.

From THOMAS MORE MADDEN, Esq., M.D., F.R.C.S.E.,
Phys. to the Hospital for Sick Children, Obs. Phys.
Mater. Miscr. Hosp., Dublin. Author of "Treatment
of Diseases of Women," "Health Resorts of Europe and
Africa," on "Insanity and Criminal Responsibility," and
other works.

55, MERRION SQUARE, DUBLIN, IRELAND,

Oct. 14, 1882.

MR. JAMES I. FELLOWS,

SIR,

There can be no question as to the therapeutic value of your Syrup of the Hypophosphites as a tonic, especially in the treatment of many of the chronic wasting diseases of childhood. I am, therefore, happy to add my testimony to that of others, who have had clinical experience of its utility in such cases. I consider this preparation one of the most generally serviceable remedies in several of those chronic strumous tubercular disorders of youth, described in a paper of mine, published in the Transactions of the International Medical Congress, held in London last year.

Yours very truly,

THOS. MORE MADDEN.

CXXIII.

From JOHN MASTERS, Esq., L.D.S.R.C.S., L.D.S.F.P.S.,
D.D.S.

177, OXFORD STREET,
MANCHESTER, ENGLAND, *8th October*, 1883.

MR. JAMES FELLOWS,

DEAR SIR,

Being induced by a medical friend to try your Hypophosphites, I have found it an admirable nervous tonic, easy of digestion, and have received great benefit from its use. I can therefore with every confidence recommend it.

Yours truly,

JOHN MASTERS.

CXXIV.

From J. K. BAINES, Esq., M.R.C.S., L.S.A., Med. Off.
Appleton Dist. Northallerton Union; Visiting Surg.,
South Dist.; Author of "Letters upon Diet."

EAST COWTON, NORTHALLERTON,
YORKS, ENGLAND,
July 13th, 1883.

DEAR SIR,

I have prescribed and used your Compound Syrup of Hypophosphites for some time with most satisfactory and beneficial results; in fact, in several severe pulmo-

nary cases, bronchitic and pneumonic, I am inclined to believe that I should have failed to effect a radical cure or complete convalescence with any other remedy within my cognizance.

I am, Dear Sir,

Yours truly,

J. K. BAINES.

MR. JAS. I. FELLOWS.

CXXV.

From BONER MALANS, Esq., M.D., Physician to the Hotel
Segnes, Waldhaus Flims, Switzerland.

MR. J. I. FELLOWS,

DEAR SIR,

Although I have had occasion during the last two years to prescribe your preparation in certain cases, and have several times heard patients express their satisfaction at better sleep and its strengthening effect, I cannot remember that this symptom has shewn itself alone, but always as a sign of an improved state of health in general. To influence a disturbed assimilation favourably—unless caused by malignant, destructive processes—and to keep the blood in a normal condition, your Syrup is certainly a remedy of the first importance. It also causes a higher tone of the nervous system, and, consequently, of the regulators of the blood. If one considers how much the physiological functions of the brain depend upon the blood

being normal as regards quantity and quality, it becomes clear that your Syrup must often act well as a hypnotic, especially in cases of psychical and senile insomnia. Congratulating you upon this valuable addition to medical science,

I am,

Yours truly,

BONER MALANS.

CXXVI.

From SEÑOR JUAN VIURA Y CARRERAS, Physician to the Hospital of the Sacred Heart of Jesus (Department for Children's Diseases).

BARCELONA, SPAIN,

12th Dec., 1883.

DEAR SIR

I have pleasure in informing you that I have repeatedly prescribed the Syrup of Hypophosphites, and must testify to the brilliant results obtained through the use of this therapeutical agent.

It is a pharmacological composition which must be considered as a first-class tonic for old and young, producing favourable effects in all affections of manifest consumption, and particularly in the chronic processes of the respiratory organs (Bronchitis, Broncho-pneumonia, &c.), and in all diseases of asthenic type.

Yours truly,

JUAN VIURA Y CARRERAS.

MR. J. I. FELLOWS.

CXXVII.

From J. R. KAY, Esq. M.D.

MACOMB, MICHIGAN, U.S.A.

MR. JAMES I. FELLOWS,

MY DEAR SIR,

I have often felt that it was a duty incumbent upon me to send you some kind of a testimonial to the virtues of your Syr. Hypo. Co. My experience with it began by using it in my own case. In a few words, these are the facts:—Pleuro-pneumonia followed by abscess, with hectic night sweats, rapid emaciation, great gastric disturbances, &c., &c. The only medicine that benefited me in the least was your Syrup of Hypophosphites, which I continued to use until convalescence was fully established. As far as medicine is concerned that was the remedy that accomplished most. Since then I have used in my practice I think more than one and perhaps more than two hundred (200) bottles. In all conditions where a tonic appetizer and expectorant is needed, I prescribe it. Other physicians have, by my advice, adopted its use, and with favourable results, pronouncing it superior to any preparation of hypophos. they have ever used.

I am well satisfied that with proper hygienic surroundings and habits, this preparation will cure consumption in its first stage, and prolong life in a more advanced stage of lesion.

Yours, &c.,

J. R. KAY.

CXXVIII.

From W. R. PARRY JONES, Esq., L.R.C.P. Ed., L.R.C.S. Ed., L.S.A. Lond., Medical Officer of Health and Medical Officer, 4th district, Llanfyllin Union, &c., &c.

LLANFAIR,
WELSHPOOL, WALES,

MR. FELLOWS,

July 26th, 1883.

SIR,

I have very great pleasure in adding my testimony to the therapeutical value of your Syrup in all forms of wasting disease; indeed, I consider it far superior to any tonic I know of.

Very truly yours,

WM. R. PARRY JONES.

CXXIX.

From JAMES BLACK, Esq., L.R.C.S. Ed., Parochial Med. Off., Surg. Coastguard Redheugh.

COCKBURNSPATH, BERWICK, ENGLAND,

5th December, 1883.

SIR,

I tried your sample bottle of the Syr. Hypophosphites on a child suffering from nervousness, with complete success, and intend using it whenever I meet with cases of debility from any cause.

Very truly yours,

JAMES BLACK.

MR. JAMES I. FELLOWS.

CXXX.

From H. H. DE MELLOR, ESQ., L.F.P.S.G., L.R.C.P. Ed.,
L.M., G. & E.

43, SOUTH COLINGA STREET,
CALCUTTA, INDIA,
22nd September, 1883.

DEAR SIR,

It was after the perusal of your book that I was induced to give your Syrup a trial, and I have been quite satisfied with the results. I think it is nothing but right to inform you of the efficacy of this preparation—which the profession should be acquainted with.

The first case was one of chronic bronchitis of long duration, in which fever supervened, and after a period of two weeks typhoid symptoms set in. With great attention and nursing the patient recovered, but he was extremely debilitated. I prescribed your Syrup which had the effect of quickly restoring his strength, and he has quite got rid of every symptom of bronchitis.

The next case was one of phthisis pulmonalis with occasional attacks of diarrhœa and complete loss of appetite, so that the greatest persuasion was needed to get the patient to take *any food*. After the use of your Syrup according to my advice, her appetite returned, and was keen, and there was no recurrence of the diarrhœa. She had thus far progressed when I ceased attending.

I trust many others in the profession will try it in

suitable cases, and I feel certain they will not be disappointed.

I am, Sir,

Yours faithfully,

HENRY H. DE MELLOR.

MR. JAMES I. FELLOWS.

CXXXI.

From A. H. BLAKE, ESQ., M.R.C.S., L.M., L.R.C.P. Ed.,
L.S.A.

7a, WYNDHAM PLACE,
BRYANSTON SQUARE, W., LONDON, ENG.,
25th October, 1883.

MR. JAS. I. FELLOWS,

SIR,

Having derived considerable personal benefit from the use of "Fellows' Compound Syrup of Hypophosphites" when suffering from extreme worry and anxiety producing much nervous depression with insomnia, I think it but just to add mine to the already voluminous testimony you possess as to its worth.

Amongst my patients I have found it most useful in the debility of old age, the nervous derangements produced by the abuse of alcohol, and the mental exhaustion resulting from overwork and worry.

In "Fellows' Compound Syrup of Hypophosphites" I believe the medical profession generally has gained a most valuable acquisition.

ANDREW HENRY BLAKE.

CXXXII.

From J. TURNER PERKINS, Esq., M.D., Ph. D.

15, EAST PHILA. STREET, YORK, PA., U.S.A.,
27th Nov., 1883.

DEAR SIR,

I have been using for several years your Syrup of Hypophosphites in diseases in which they seemed indicated, and always with marked benefit. It is one of the medicines which serves the profession well.

Very truly, &c.,

J. TURNER PERKINS.

MR. JAMES I. FELLOWS.

CXXXIII.

From Dr. FRANCISCO J. RAFOLS.

VILLA NUEVA Y GELTRÚ, SPAIN,
Nov. 30th, 1883.

DEAR SIR,

I received your pamphlet on Pulmonary Diseases for which your excellent Syrup is useful, and thank you for same.

Every day that I use the Syrup, I get more and more convinced of its advantages to patients, and of the notable services which you have rendered to suffering humanity through the preparation.

I am very glad to be able to inform you of remarkable cures and improvements which I have obtained through it, especially in certain nervous states and in many cases

of stubborn anæmia, or in long and painful convalescence

I shall have pleasure in writing you about these results in case my testimony can be of any service to you.

Yours truly,

FRANCISCO J. RAFOLS.

MR. FELLOWS.

CXXXIV.

Extract from a letter of Dr. F. EKLUND.

8, SKEPPHOLM, STOCKHOLM, SWEDEN,

19th Sept., 1883.

DEAR SIR,

A patient, for whom I prescribed your Syrup of Hypophosphites, is not only convalescent, but has a good appetite, feels stronger, and, in a word, is restored to health.

Yours truly,

F. EKLUND.

MR. FELLOWS.

CXXXV.

From DR. KETTES.

ZULAU, LÖVÖ, HUNGARY,

23 Sept., 1883.

DEAR SIR,

The effect of your Syrup of Hypophosphites was surprising in a case where I had not been able to do anything either with small or large doses of quinine.

DR. KETTES.

CXXXVI.

From H. P. BROWNE, Esq., F.R.C.S.E., L.R.C.S.I.,
M.K.Q.C.P.I., & L.M., Med. Off. & Med. Off. of Health,
Delgany Dispensary District, Rathdown Union; Sur-
geon to Admiralty Station, Greystones; Surgeon, R.I.C.

WEST MALVERN, DELGANY, GREYSTONES,
Co. WICKLOW, IRELAND, *Jan. 25, 1884.*

MR. JAMES I. FELLOWS,

DEAR SIR,

I feel pleasure in bearing testimony to the utility
of "Syr. Hypophos. Fellows," in insomnia from overwork
of nervous system, and to nervous people generally.

Yours faithfully,

HENRY PETER BROWNE.

CXXXVII.

Extract of a letter from DR. WM. STUART LOW.

YEALAND CONYERS, CARNFORTH, ENGLAND,
8th Jan. 1884.

SIR,

I am immensely pleased with the effects of your
Syrup. In some of my last patients it has eclipsed
everything else in restoring them to comfort and health.

Yours truly,

WM. STUART LOW.

MR. JAMES I. FELLOWS.

CXXXVIII.

From FARRIOLS ANGLADA, Esq., Physician to Hosp. Santa Cruz.

BARCELONA, SPAIN, 14 Jan., 1884.

DEAR SIR,

I had occasion to prescribe your Syrup of Hypophosphites for several affections of the respiratory organs (especially chronic bronchitis) and obtained in all cases highly satisfactory results.

It has also had a good effect in gastric dyspepsia, for which I consider your preparation a powerful tonic both of the chest and stomach.

The beneficial action of your Syrup induces me to recommend it in all cases where the organism requires to raise its enfeebled strength.

Yours truly,

FARRIOLS ANGLADA.

MR. JAMES I. FELLOWS.

CXXXIX.

From R. E. HAUGHTON, Esq., M.D.

INDIANAPOLIS, IND., U.S.A., Nov. 26, 1883.

MR. JAMES I. FELLOWS,

DEAR SIR,

I simply contribute the report of one or two cases treated by your Syr. Hypophos. Comp. First case, lung

trouble, three years' standing, pneumonic infiltration, one lung. Cough had been treated with cod liver oil and tonics without benefit. Four weeks' treatment with the Syrup relieved the cough and cleared up the lung. Second case, Miss C.; disease, *Chorea*; general muscular twitchings for months. Cured in three months with your tonic, and is at present quite well.

Yours, &c.,

R. E. HAUGHTON.

CXL.

From J. W. HAMER, Esq., M.D.

HOOVERSVILLE, PA., U.S.A.

23rd July, 1883.

MR. JAMES I. FELLOWS,

DEAR SIR,

I am well pleased with the action of your Syrup. Hypophos. Comp. I have had but one case of sleeplessness since you sent me your letter requesting me to give it a trial in that trouble. It worked like magic. With it I also cured a bronchitic cough that resisted all other remedies, and I should not know how to get along without it.

Yours truly,

J. W. HAMER.

CXLI.

From DR. J. NOWACK, Professor at the Royal University,
Vienna, Austria.

DEAR SIR,

As hypnotics, medical men mostly use morphine, opium, aqua laurocerasi, and Indian hemp.

All these preparations cause first a peculiarly excited state, and only after this has passed, sleep comes. It is known that all these hypnotics disturb the digestion, as the food remains a long time (often two days) in the intestines, so that the stool becomes irregular.

People who take the above-mentioned preparations against sleeplessness, take in the beginning only small doses which produce the sleep ; but, as time goes on, these small doses have no effect, and the consequence is that people take more and more of these remedies, lose their appetite, look badly because the food is not properly digested, and are obliged to take aperients (bitter waters, for instance).

This does not happen with "Fellows' Hypophosphites." An increased dose is not necessary. If two teaspoonfuls of the Syrup are taken in a glass of wine an hour before going to bed, the patient goes to sleep quietly without any excitement. Fellows' preparation stimulates the appetite, the bowels become regular, and the body gets stronger and better able to resist disease.

I can recommend Fellows' Hypophosphites to all medical men in cases of sleeplessness.

DR. J. NOWACK.

CXLII.

From Dr. RICHARD VON STEIN.

CHODAU, NEAR KARLSBAD,
30th Jan., 1884.

JULIUS KIRCHÖFER, Agent for Fellows' Hypophosphites in
Trieste, Austria-Hungary.

DEAR SIR,

In the following I will reply to your enquiry as to the results which I have hitherto obtained by the use of Fellows' Syrup of Hypophosphites.

The first trial I made with a girl of twenty years, of good family. She had taken a chill at a ball, had coughed very much since then, and got hæmoptosis and high fever, and showed all the signs of an acute tubercle of the lung. The perspiration at night continued in spite of soothing and strengthening remedies (quinine had no effect), the emaciation increased, green expectoration was very abundant, and she repeatedly had severe attacks of hæmoptosis. In the left lung a distinct cavity was discernible.

In desperation I tried the Hypophosphites, and the effect was very favourable. Whether the disease stopped by itself, or by the agency of the three bottles of Syrup which were taken, I cannot say; but fever, cough, expectoration of blood, and emaciation, ceased. The spring (the disease began in January) completed the convalescence. In summer, the girl married, is at present in the middle of her pregnancy, and is, to all appearance, per-

fectly healthy—at least, I have never heard any more complaints.

After that I made several other trials. The partner in a china manufactory had suffered for three or four years from chronic tuberculosis, especially of the right lung, and was, at times, perfectly hoarse. Cough, perspiration at night, emaciation, and loss of appetite, were the principal symptoms. This patient is now getting on very satisfactorily, using the Syrup continually. The disease does not increase, and in the absence of fever it is to be hoped that he will live for years. He has already several times discontinued the Syrup, but always goes back to it, as he finds that after using it he coughs less, expectorates more easily, gains in appetite and strength, and sleeps without perspiring.

I had a bookkeeper, twenty eight years of age, from a neighbouring town under treatment. He came of a family all members of which suffer from anæmia, and are badly nourished. I feared the development of Tuberculosis. Last year he suffered repeatedly from cough, fever, and hæmoptosis, and was obliged to take a holiday for several weeks. I prescribed Fellows' Hypophosphites, and after taking several bottles, his health greatly improved. He does not spit blood now, and has gained from four to five kilogrammes in weight.

In two cases, I obtained good results in affections caused through confinement and long nursing.

At present I am treating a clerk, twenty-seven years

of age, suffering from Tuberculosis, but up to now I have not been able to observe any improvement.

In all cases I have prescribed the tonic dose, a teaspoonful in a glass of water, three times daily.

Kindly bring this to the knowledge of Mr. Fellows, who may make any use of my communication which he thinks fit.

Yours truly,

R. v. STEIN.

CXLIII.

From D. J. ALLEN, Esq., M.D., M.R.C.S., L.S.A. Med.
Exam. Govt. Insee. St. John's Wood Dist., formerly
Surg. Supt. Transp. and Emigration Service.

WELLINGTON HOUSE, ST. JOHN'S WOOD,
LONDON, ENGLAND,
28 Feb., 1884.

DEAR SIR,

I prescribed your Syrup for my son, aged eighteen, in the summer of 1881, when he appeared to be going into a rapid decline. He had not taken it very long before there was a manifest improvement in him, as he gained weight, his appetite improved, and he expressed himself much stronger; he continued the use of it for upwards of twelve months, and he is now quite well, but takes the Syrup now and then when he begins to flag.

I have prescribed it for many of my patients who were threatened with Phthisis, and am pleased to state that in

every instance great benefit has been derived from its use. In cases of weakly and delicate children it is invaluable.

I consider your Syrup a most valuable remedy for consumption and general debility.

Yours faithfully,

DAVID J. ALLEN.

MR. FELLOWS.

CXLIV.

From A. E. DOUGLAS, Esq., M.D., F.R.C.S.I., L.M., Med. off. Warrenpoint Disp. Dist. ; Med. Insp. Carlingford Lough Nuisance Dist. ; late Med. off. Glasslough and Emyvale Disp. Dists., and Phys. Trough Fever Hosp.

WARRENPOINT, COUNTY DOWN,
IRELAND, *Aug. 13th*, 1883.

MR. JAS. I. FELLOWS,

DEAR SIR,

I find one class of patients entirely overlooked in your pamphlet, Part III., for whom I have prescribed your Syrup with the greatest advantage for years—I mean children of European parents born in India. I need hardly describe what they often look like when sent over to this country—rickety, thin, precocious, and frequently scrofulous. In such cases “Syr. Hypophos. Fellows” is the best restorative that I am acquainted with.

Yours very truly,

A. E. DOUGLAS.

CXLV.

From H. C. WHEELER, Esq., M.D.

CARBONDALE, PA., U.S.A.,

Aug. 1st, 1883.

MR. JAMES I. FELLOWS,

DEAR SIR,

Regarding the use of your Hypophosphites in cases of sleeplessness, I am glad to say that, since I have first prescribed it, I have always found it useful where the system has been overtaxed, from whatever cause, and consider it equal to a good dose of "Bromide" in giving quiet, natural repose. I should be glad to add much more in its favour.

Very respectfully yours,

HENRY C. WHEELER.

CXLVI.

From MISS M. W. WINGATE, M.D.

27, WASHINGTON STREET, HAVERHILL,
MASS., U.S.A.

MR. JAMES I. FELLOWS,

DEAR SIR,

I have used your Syrup of Hypophosphites several years, with excellent results, in the various nervous diseases of women, and recommend it very highly to the profession.

M. W. WINGATE.

CXLVII.

From Dr. FRANCISCO OROZOO, Medical Professor at the
Infirmary of the Institute of Alphonso XII.

MADRID, SPAIN,

11th March, 1884.

MR. JAMES I. FELLOWS,

DEAR SIR,

I have used your Syrup of Hypophosphites in
different cases during my practice, and have had occasion
to appreciate its wonderful results.

Yours truly,

FRANCISCO OROZOO.

CXLVIII.

From J. TREMEAME, Esq., M.R.C.S. Eng.

CRESWICK,

VICTORIA, AUSTRALIA,

July 2nd, 1883.

DEAR SIR,

I feel great pleasure in being able to testify to
the excellent results of Fellows' Syrup of Hypophosphites.
It is exactly the thing that has long been wanted as a
general tonic, especially in the chronic and exhausting
diseases to which women are liable.

It agrees with the most delicate stomach, and although

lately I have been prescribing it daily, I have not yet had a patient, male or female, unable to take it.

I remain,

Yours very truly,

J. TREMEAME.

CXLIX.

From WM. SMYTH, ESQ., M.D., M.Ch., L.M., J.P. for Co.
Down, Med. Off. Springvale Relief Fund Soc. and Re-
chabites and Ballyhoun Friendly Soc.

BANBRIDGE,

Co. DOWN, IRELAND, *Sept. 26th*, 1883.

MR. JAS. I. FELLOWS,

DEAR SIR,

I have prescribed your Syrup of the Hypophosphites largely in my practice for some time past and with most satisfactory results.

In the pulmonary affections of children, convalescence from acute diseases, scrofula, phthisis pulmonalis, general nervous debility, &c., I know of no medicine or combination of medicines which I can prescribe with more confidence or such marked beneficial results. To it I owe my complete recovery from an attack of acute pleuritis a short time ago.

I am, yours faithfully,

WILLIAM SMYTH.

CL.

From W. DONNETT STONE, Esq. M.D., F.R.C.S., Physician
to the Finsbury Dispensary, Author of "An Epitome
of Therapeutics," &c.

19, OXFORD TERRACE,
HYDE PARK, LONDON, W.,
8th Sept., 1883.

FELLOWS' HYPOPHOSPHITES.—One of the most valuable
preparations with which I am acquainted. Its results in
my hands have been eminently satisfactory.

W. DONNETT STONE.

CLI.

From T. LOWE WHISTLER, Esq., M.B., Fel. Roy. Col. Surg.,
late Med. Off. of Health.

3, PRINCE OF WALES' TERRACE,
BRAY, IRELAND.

DEAR SIR,

I am obliged and glad you sent me the bottle of
your Syrup of the Hypophosphites, *as it unquestionably
differed from that I had previously used, and purchased as
your preparation.*

I have now been taking it myself, and giving it to one
of my daughters with much benefit, and I find it both a

very valuable combination, and divested of the disagreeable attendants which accompanied the other preparation.

Yours faithfully,

T. LOWE WHISTLER.

MR. JAS. I. FELLOWS,
London.

CLII.

Extract from "THE HARTFORD JOURNAL OF INEBRIETY,"
Conn., U.S.A.

"Fellows' Hypophosphites is a remedy, *par excellence*, in the varied anæmic and neurasthenic conditions following the abuse of alcohol and opium."

CLIII.

Extract from a letter of T. J. YOUNT, Esq., M.D., Lafayette, Indiana, published in "NEW YORK MEDICAL RECORD." Subject:—

THE TREATMENT OF CHRONIC BRONCHITIS.

"Fellows' Compound Syrup of Hypophosphites, containing, as it does, quinia with other potent nerve-tonics, is a valuable preparation."

CLIV.

Extract from "LOUISVILLE MEDICAL NEWS," Sept. 22nd, 1883.

Nothing is beyond doubt, and of course there are disbelievers in the Hypophosphites. We are not among these. For feeble children or adults, for all sufferers with defective osseous systems, in scrofula and consumption, we have found the Hypophosphites of exceeding value, a genuine cure. In this region, as elsewhere, Fellows' Hypophosphites is a prime favourite.

CLV.

Extracts from "THE LIVERPOOL MEDICO-CHIRURGICAL JOURNAL," for January, 1884, contributed by WILLIAM CARTER, M.D., LL.B., B. Sc. Lond., Physician, Royal Southern Hospital; Lecturer on Materia Medica, University College, Liverpool.

After some remarks on the maintenance of bodily nutrition and the means of its restoration when impaired, the writer goes on to say:—"Of a somewhat different character, but of special value under some conditions of innutrition, are such aids to digestion as malt extract; and to the general and nerve-nutrition of adults as the so-called chemical foods, among which Fellows' Compound Syrup of Hypophosphites has probably taken the leading place."

And again :—" Various forms and combinations of hypophosphites are now prepared by pharmacists of high repute, so that the prescription of them to meet various indications is no longer a matter of difficulty, even though our official guide has strangely failed to supply us with any one. First among them all for general utility must probably be placed the now universally-known Compound Syrup of the Hypophosphites, of Fellows."

CLVI.

Extract from the "MEDICAL NEWS," U.S.A.

SYR. HYPOPHOS. CO. (FELLOWS').—This preparation contains the essential elements required to build up the system and replace the waste incident to various diseases, mental exertion, excitement, or anxiety. Many a care-worn mother has reason to be thankful to Mr. Fellows for this palatable compound.

CLVII.

Extract from "MISSISSIPPI VALLEY MEDICAL MONTHLY,"
U.S.A.

FELLOWS' HYPOPHOSPHITES.—This Syrup contains all of the ingredients necessary for the formation of a superior stimulant and tonic. We have had the most satisfactory

results from its use in the various forms of debility, associated with or dependent upon defective assimilation. It is especially a desirable remedy in chronic, pulmonary diseases, including tuberculosis, for which it is one of our most common and satisfactory prescriptions.

CLVIII.

Extract from "NEW YORK MEDICAL DIGEST," U.S.A.,
June 15th, 1883.

FELLOWS' HYPOPHOSPHITES.—This preparation, for the cases in which it is indicated, in our judgment has few equals. It has almost become one of the essentials in practice. We have used many bottles with great satisfaction to ourselves and to our patients. It is a combination of quinine, iron, manganese, strychnine, phosphorus, potash, and lime; drugs eminently adapted in nervous and mental affections.

CLIX.

Extract from "ATLANTA ECLECTIC MEDICAL JOURNAL,"
U.S.A., *March, 1883.*

FELLOWS' HYPOPHOSPHITES.—This compound is having a popularity seldom equalled, which would not be unless there were merit at bottom to sustain it.

PREScriptions.

Cod Liver Oil and Hypophosphites.—

℞ Olei Jecoris Aselli, ʒ viij.

Ovi Vitelli unius.

Syr : Hypophos. Fellows, ʒ viij, ℥.

Beat the yolk of egg with two teaspoonfuls of cold water ; add the Syrup, and shake together. Lastly add the Cod Liver Oil, and shake until the mixture becomes milk white.

Dose for an adult—two teaspoonfuls three times daily.

Soda and Rhubarb Powder.—

℞ Pulv. Rhei. Ind : Opt.

P. Sodæ Bi Carb. aa ʒ ss.

P. Zingiber Opt. gr. xl. ℥.

Dose for an adult—one teaspoonful in a wine-glass full of cold water. For children—one quarter, half, or one-third, according to age.

Stimulating Liniment.—A useful application to the chest in bronchitis, asthma, and other pulmonary difficulties.

℞ Ol. Cajuput, ʒss.

Ol. Terebinth.

Acid Acet. Fort. aa ʒ j.

Ovi Vitelli unius.

Aqua q.s., ℥.

Beat the yolk of one fresh egg with 4 oz. of water ; add the oils of cajuput and turpentine, shake well in a bottle ; add the acetic acid, and lastly sufficient water, to make in all 10 ozs. Shake well.

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MATTHEW FRANCIS	England	<i>Do</i>	1	42
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 1937, P.O. BOX, 48, Vesey Street, NEW YORK, U S.A.

BRADBURY, WILKINSON, & Co., Printers, 35, Bucklersbury, London. E.C.

SOME CONDITIONS
OF
ADVANCED LIFE
IN WHICH
THE SYRUP OF HYPOPHOSPHITES
(FELLOWS')
IS BENEFICIAL.

[FOR THE MEDICAL PROFESSION.]

PART V.

NEW YORK: 48, VESEY STREET.

PARIS: 5, RUE DE LA PAIX.

LONDON:

JAS. I. FELLOWS, 67, HOLBORN VIADUCT, E.C.
1885.

To the Medical Gentlemen who have honoured me with the Reports and Testimonials which so greatly enhance the value of my publications, and to whom the works are respectfully dedicated, I tender the most cordial thanks, with the assurance that the contributions shall be used in such manner only, as is consistent with the ethics of the Profession.

JAMES I. FELLOWS.

LONDON, July, 1885.

PREFACE.

MR. FELLOWS avails himself once more of the opportunity of thanking the Profession for their liberal recognition of the value of his Syrup of the Hypophosphites.

He feels it desirable again to point out the fraudulent practices of some dispensing chemists, who substitute fictitious articles for the Syrup, when prescribed. The consequences are :—

1.—The medical man is disappointed, in not getting the desired results,—Why? because the Strychnia is precipitated, and so the patient does not get the expected benefit.

2.—The precipitated Strychnia is taken altogether in the last dose, which may thus be positively poisonous.

Many of such imitative preparations have been examined by Mr. Fellows, but not one

has been found to possess the distinctive characters of his Syrup, viz :—freedom from acid reaction, stability in vacuo, or, indeed, the same composition, those blended elements which render it so potent a remedy in disease.

He ventures to think that in their own interests, as well as in the interests of their patients, it is well for the Medical Profession to employ an agent of known composition and properties, which is further guaranteed by distinguishing marks, in order to avoid disappointment; while as to the patient, the importance of having the genuine article is obvious.

He hopes to retain both the confidence of the medical man and the patient, by maintaining the composition of his Syrup unimpaired. He should further like to point out how well adapted this Syrup is for use by itself, as an habitual tonic, or where a tonic is required for some considerable time.

(See Letters CLXI., CLXV., CLXXVIII., CLXXIX., CCVIII.)

SOME CONDITIONS
OF
ADVANCED LIFE
IN WHICH
FELLOWS' SYRUP OF THE HYPOPHOSPHITES
IS BENEFICIAL.

THE success of his fourth pamphlet on the utility of this Syrup in the maladies incident to childhood, encourages Mr. Fellows to essay a fifth. In it the maladies of advanced life will be considered ; especially as to their therapeutic aspect, and the advantage of giving his Syrup of the Hypophosphites in many instances—for the relief of which it seems to possess special properties in good combination.

The oncome of age has a benumbing effect upon the whole organism, not only the motor and intellectual processes, but also the activity of the viscera and the energy of the organic life. It has, indeed, widespread effects,

which have thus been summarised : “ Not only is the locomotion affected and the features altered, but the working of every part of the organism becomes modified and less efficient. The eye becomes gradually worn out, especially at the distances most commonly used, necessitating the aid of glasses or lenses ; and the skilful limber hand grows stiff and loses its cunning. The ear no longer possesses its acuteness of hearing, and receives but imperfectly the air vibrations which it converts into sound. The internal organs perform their functions but sluggishly, and often inefficiently ; the breathing becomes laborious, and the heart is less equal to the demands upon it ; the bowels are less active, and the stomach enfeebled ; the kidneys no longer preserve their integrity, and great variations become manifest in their secretion ; the skin is no longer soft, pliable, and capable of free secreting action, but is dry, wrinkled, and inactive. The nervous system loses its grasp, and the once enterprising brain becomes essentially conservative and indisposed to change ; the once tenacious memory becomes treacherous and untrustworthy ; and the reasoning powers, once clear and judicial, become enfeebled, and petulance and obstinacy obtain where breadth of thought and tolerance were once supreme.” (The Maintenance of Health). Such, then, is a brief summary of what is given at greater length and in the fulness of detail by Dr. Maclachlan in

his "Treatise on the Diseases and Infirmities of Advanced Life." Dr. MacLachlan was the physician to the Chelsea Hospital, and thus enjoyed special opportunities for observing the maladies on which he wrote. He says: "Failing strength and activity, weakening of the nutritive, organic, and reproductive functions, and shortness of breath on moderate exertion, are among the earliest indications of physical decline even in the most healthy." It is this growing enfeeblement of the frame in each of its parts, which is the great fact to be borne in mind in dealing with the maladies of advanced life. There is no longer the tendency to the acute inflammatory morbid activities which obtains in earlier years. Disease assumes an asthenic type, and tends to spread from tissue-atony. Inflammation of the lungs, for instance, no longer requires lowering measures but active tonic treatment. Mucous membranes are prone to rheums, or in other words, instead of full-grown complete epithelium being formed over their surfaces imperfect mucous corpuscles, with a considerable amount of fluid are thrown off: telling of impairment of formative power. The muscles lose their plumpness and waste; the articulations stiffen; and locomotion is limited, by which visceral congestion is favoured. The machine, indeed, wears out generally; some part giving way more than others in many instances, but still there is impairment through-

out the body structure: which must never be forgotten.

Diseases of the Assimilative Organs.—The assimilative organs suffer in the general decay and lose functional activity while presenting anatomical evidences of their decadence. “Participating in the general wasting of the organs and tissues, the stomach and intestines lose bulk and become thinner in old age. The glandular apparatus is atrophied. Many glands seem to have entirely disappeared.” The secretory tubules of the stomach share in the general impairment, alike with the absorbent glands of the intestine. Thence follow imperfect digestion of the food, and lessened absorption from the soluble contents of the alimentary canal. In consequence thereof the food of the aged has to be specially digestible as well as nutritive, so as to give the maximum of digested products with the smallest tax on the assimilative processes. To maintain the efficiency of the digestive system a tonic combining strychnia with phosphorus seems specially indicated.

The first is a tonic to the muscular walls of the stomach, which become more or less inert; while phosphorus, in the form of the readily assimilable hypophosphites, feeds the nervous centres of the viscera. The syrup thus gives tone to the waning energies of the digestive canal.

And here a few words may be said as to the special utility of the syrup in conditions of enfeebled assimilation. The value of wine as a stimulant, in addition to good food in the enfeebled digestion of the aged, has ever been recognised from the earliest time. Ulysses urges upon his aged father a regimen well suited to his waning energies.

“ Warm baths, good food, soft sleep and generous wine,
These are the rights of age and should be thine,”

And Jutus von Liebig pronounced wine to be “as milk for the aged.” The stimulant effect of generous wine in the debilitated assimilation of elderly persons has been largely valued in the past. At the present time the growing objection to alcoholic stimulants and the spread of the temperance, or even the total abstinence movement, has limited the resort to wine, and this in turn has led to the selection of substitutes of non-alcoholic character. For those who decline to accept the aid of wine, as did Timothy, who had to be told to “Drink no longer water but a little wine for thy stomach’s sake and thine often infirmities” and who need something of a stimulant character in order to rouse the flagging powers of digestion, this syrup offers special advantages; and one or two teaspoonfuls in a tumbler of water, form a bitter tonic, sharpening the

appetite, and giving tone to the digestive organs, taken before or with meals.

Then the intestines share in the waxing sluggishness—the numbness which is pervading the whole system,—and the bowels are apt to become chronically loaded in age. For the relief of such a state the syrup is admirably adapted, the strychnine exercising its well-known effect of increasing the tone of the muscular fibre of the intestine. To so give tone to the bowels is preferable to the too common resort to purgatives, which open the bowels for the time and then leave them to become loaded again. Piles and other rectal and anal troubles are the common outcome of habitually loaded bowels in advanced life. A laxative dose of medicine, now and then, however, is not objectionable; and is to be preferred to straining at stool, which is fraught with danger when the arteries are growing brittle—as they are apt to become in advancing years.

Diseases of the liver are also more prevalent as life reaches its termination; not acute diseases, but those of a more chronic character especially atonic congestion. The torpor of the portal system is furthered by the increasing inability to take exercise, and thus, as Cullen pointed out, the liver is rendered liable to congestions which “generally escape detection, or are only suspected in the living.” So far as possible then, tonics, with

attention to the dietary and the state of the bowels, should be used to prevent such congestions of the liver; and by stimulating that important viscus, as well as by increasing the general vigour, to ward off structural change in it.

The ordinary symptoms of disorder in the abdominal viscera are either dyspeptic and belonging to the stomach, with distension after eating, and less frequently pain; or there is the persisting sense of fullness of loaded bowels; or weight and pain over the liver when that viscus is affected. When these symptoms are manifested, either few or many, then a general tonic is indicated, of which this syrup is the best for practical purposes.

Diseases of the Circulatory Organs.—That age makes itself felt upon the different portions of the circulatory apparatus is a matter which has long been known to pathologists in the post-mortem room, as well as to practising physicians.

As life advances the arteries become hard, as Hunter pointed out, and this atheroma (as this condition is termed) in time undergoes either a calcareous degeneration (by the infiltration of lime salts into the altered coats), or a fatty degeneration by which the hardened portions are softened and so all the more readily torn. In arterial degeneration there is a great tendency for the wall to yield at certain points and thus to the forma-

tion of an aneurism, or the weakened coat may be torn through, and thus the patient bleeds to death inwardly. Or effort (raising the internal pressure) at one time may develop an aneurism, the sac of which a future effort may rupture. All these consequences are the sequelæ of that hardening of the arteries spoken of as atheroma; and therefore the avoidance of this initial condition is a matter of primary importance. If it can be staved off its sequelæ are avoided. By a regulated dietary and the avoidance of excess of animal food, this morbid change may be kept off; but as the loss of the stimulant animal food is often keenly felt, it is well to add the syrup to the new dietary, by which all sense of depression or "feeling too low" can be avoided without entailing undesirable results. A more material matter still is the change which takes place in the heart itself as age progresses—as time wears on with sure, if leaden foot. Recent observations have told us that there is a certain increase in bulk in the muscular wall of the heart as maturity moves on to age, which is found along with the above-mentioned hardening of the arteries. The hardened arteries are not so readily distended by the cardiac systole as of yore, and to overcome this resistance to the onward flow of the blood on the ventricular contraction, a compensatory hypertrophy is set up. By this growth a new balance is established which goes on for some time, the

individual still feeling well and vigorous. But as the aorta becomes less and less elastic its recoil is impaired, and this recoil of the elastic aorta is the force which drives the blood into the smaller arteries—indeed is the cause of the pulse, though not the direct cause. The elastic arterial system is always (in health) more or less full of blood. When the heart contracts—the ventricular systole—so much more blood is thrown into the elastic arterial system. In this respect the circulatory system resembles the spray-apparatus. The heart corresponds to the pump held in the hand, which contracts rhythmically; the elastic arteries are the india-rubber globe, or elastic reservoir (always more or less full) which, always distended, converts the rhythmic flow into the steady current of the out-going pipe. When the elastic wall in either case loses its elasticity its function is impaired. Consequently the flow of blood into the coronary arteries on the aortic rebound is impaired by the lessened elasticity in the arterial wall, while the hardening process is often markedly developed in these nutrient vessels of the heart. Further, this atheromatous change thickens the inner coat of the affected arteries, including those of the coronary arteries, and so lessens their lumen, or calibre, or bore. The result of these two combined actions is the reduction of the blood-current passing through the heart-walls,

which leads in turn to their imperfect nutrition. Impaired nutrition cuts down the energies of the heart and then failure of its action follows: at first partial failure, finally cessation of action in diastole. When the heart's energy is lowered then a general tonic is good, and the strychnia of the syrup especially indicates its use in such conditions; all the more from the presence of the other constituents, which constitute the combination one peculiarly adapted to such senile changes,

But partial failure of the heart's action is not by any means always the result of the grave morbid change here described,—in other words, “fatty degeneration”; nor indeed, when it is, does there attach to the early stages of the necrobiotic change the grave prognostic aspect which belongs to temporary failure in the later and more advanced stages. In the early stages the line of treatment, medicinal and dietetic, is that of an adynamic condition, viz., suitable food and agents which, acting through the nervous mechanism of the heart, will increase the energy of the ventricular contractions. Very commonly, however, heart failure is the result of malnutrition of the heart not dependent upon arterial degeneration, but due to other causes. When the general nutrition is impaired, the heart, in unceasing action, is insufficiently nourished: and, as a consequence, falters in its work. Here improvement of the assimilation, and

better general nutrition lead to a fuller supply of pabulum to the heart-walls, with the result of more energetic action in them. The symptoms of a "badly-fed" heart are identical with those of a "fatty" heart in its early stages; and their treatment also is identical. In both cases improvement can be set up by appropriate measures; though, of course, when the heart is the seat of fatty degeneration the improvement is not, and cannot be, in the nature of things, permanent. Failure of the heart's action in persons advanced in years is not always the result of the arterial degeneration described above (which is a brief abstract of what is stated in Dr. Milner Fothergill's Treatise "The Heart and its Diseases"); but is more commonly due to a condition which can be relieved by remedial agents, viz., impaired general nutrition. It is by no means unusual for this remediable condition of heart-failure to be mistaken for the graver condition of fatty degeneration; a mistake which too frequently entails an attitude of hopelessness, which in turn interferes with the adoption of remedial measures.

Yet remedial measures, wisely selected, will, in some cases of heart failure, do permanent good; while in the early stages of fatty degeneration they will do temporary good; and even when an advanced condition of mural decay is obviously established they are not entirely devoid of a temporary value.

In cases of neurosal disturbance of the heart's action, as irregularity, or intermittency, or lowered energy—otherwise partial syncope,—all conditions commonly seen in persons advanced in years, a tonic compounded of various agents like the syrup of the hypophosphites is clearly indicated. Indeed, in all cases of perverted action of the heart, the syrup is well worth a trial. Curable cases will yield to it; cases where structural decay may be suspected will often be found to improve under its use, especially if the fatty degeneration be neither widespread nor far advanced.

There are, however, other cardiac conditions than those just described where the syrup can be taken with advantage. More extended observation has done much to correct the impression that disease of the valves of the heart is always a morbid process advancing comparatively rapidly from bad to worse. Many persons with a certain amount of injury to their cardiac valves attain to a very advanced age. The injury is done, and the mutilated valve remains as unchanging as a scar; there is no tendency to further valve-change. Here the individual is crippled to a certain extent, and a comparatively quiet life is necessary to length of days; but that is all. Of course, where such an injury exists, any failure or impairment of the general health is apt to make it felt; and any mal-nutrition of the

heart-wall reveals the hidden hurt. Under these circumstances a suitable remedial agent is of great service ; not, however, in any way undoing the valve-mutilation, but in restoring tone to the failing muscular walls. At other times and in other cases there is a condition of dilatation existing in the cardiac chamber—sometimes in the left ventricle, at other times only in the right—limiting the patient's powers for locomotion or other exertion, commonly spoken of as a “weak heart.” Such a permanent condition is very liable to be felt pronouncedly when the general health is impaired, as by intercurrent indigestion, diarrhoea, or other exhausting malady. But in these temporary conditions of heart-failure much can be done to restore the vigour of the heart by suitable food and appropriate remedial agents. Of course, rest—limiting the demand upon the heart—is essential to the recovery of its tone ; and by all these various measures combined a very great deal can be done for cases too commonly regarded with a feeling of despair.

Diseases of the Respiratory Organs.—Even still more constant are the changes wrought in the respiratory organs by age. The cartilages of the ribs become ossified ; a matter which limits the mobility of the thorax ; the trachial rings from like change become rigid, while the lungs themselves waste in advanced life, and the

bronchial tubes become the seat of the rheum. From these circumstances combined, the breath is short, and any exertion entails serious respiratory efforts. The thoracic case, or box, becomes immovable, and is lifted up bodily by the respiratory muscles of the neck, while the diaphragm descends at each inspiratory effort. Consequently flatulent distension of the abdomen—pressing on the heart and also opposing the descent of the diaphragm—produces much distress in the breath in these cases of thoracic trouble. There are, indeed, many morbid forces at work to embarrass the respiration in elderly persons. Rokitanski, the great pathologist, writes :—

“The impaired state of the respiratory muscles renders the act of inspiration difficult and imperfect; the deficient contractility of the pulmonary tissues, together with the above-named muscular weakness, opposes similar obstacles to the act of inspiration, while the surface of the lungs present to the atmospheric air so obliterated a capillary net-work, that only a small quantity of blood can be submitted to the vivifying process of arterialisation.” No wonder then the breath is short in age!

What remedial agent will most efficiently relieve the patient suffering from such respiratory embarrassment? One which will act directly upon the respiratory centre in the medulla by which the inspiratory act is brought about, is the answer which physiological teaching prompts.

The respiratory centre is located in the medulla, and what says one of the best as well as most recent authorities on *Materia Medica* and *Therapeutics*? “The medulla is stimulated by strychnia in all its important centres. The respiratory centre is increased in activity, and transmits powerful impulses downwards to the already excited cord, thus causing increased frequency and depth of the movements of the chest.”—(*Dr. Mitchell Bruce.*) An agent which will thus stimulate the respiratory centre and enable it to send out powerful efferent currents, throwing not only the ordinary but also the accessory muscles of respiration into energetic action, relieves the patient, who is suffering under respiratory embarrassment, even from direct voluntary effort. By its means the breathing becomes once more automatic, and fairly independent of voluntary effort. Relieved from the necessity for voluntary effort to keep up the respiration, the patient can sleep without the need for an opiate. Such, then, is what modern therapeutic investigation tells us as to the treatment of dyspnoea. Rested by sleep, able to breathe without the necessity for conscious effort, the patient can once more get about without discomfort, and with obvious good effect upon his general health. Improved breathing carries with it more perfect oxygenation of the blood, and the waste matters with which the blood is commonly laden in age are thus got rid

of; being burnt up and consumed. What is needed in all respiratory embarrassment is more perfect respiratory movements, and these can be excited by the strychnia, which forms a marked constituent of this syrup: the other factors contributing to the good effects.

This is a very important therapeutic matter, as Dr. Maclachlan writes;—"The diseases of the respiratory organs are at all periods of life the most common to which man is liable. As age advances, some of these increase in frequency and fatality, while others progressively disappear. Among the former, bronchitis and its common associate, asthma, are peculiarly prevalent. These two diseases carry off immense numbers of old people, and certain varieties of them almost exclusively appertain to old age."

All demands upon the respiration are badly borne by elderly people, and even slight bronchial attacks in those whose respiratory organs are already seriously impaired, are fraught with an element of danger. A teaspoonful of the syrup every three or four hours will successfully tide many aged persons over a bronchial seizure to which, without it, they would probably succumb. With the lungs already the seat of senile marasmus, and the other concomitant morbid conditions alluded to above, a slight addition to the respiratory difficulty becomes a grave matter in age.

In all cases of respiratory embarrassment, whether due to pulmonic congestion taking its origin in a lesion in the mitral valve, or to permanent lung or bronchial trouble, by which the right side of the heart is distended and embarrassed, an agent which will so improve the breathing as to render it once more automatic and independent of voluntary effort to maintain the respiration is of incalculable value ; and such an agent is to be found in the Syrup of Hypophosphites. Not only is there present in it an agent acting directly upon the nerve centres, which preside over the circulation and respiration ; but it contains a considerable quantity of phosphorus, in a form readily broken up by the digestive act, and so furnishing free phosphorus for the nutrition and repair of these over-taxed discharging nervous centres.

Diseases of the Nervous System.—"Next to diseases of the respiratory organs, the diseases of the nervous centres constitute the largest number of admissions of an important nature into hospitals allotted to the old," writes Dr. Maclachlan. By this, of course, is meant grave maladies threatening life. But outside and beyond such serious diseases, there are a host of minor troubles, and even some grave morbid changes for which admission to hospitals is not usually sought ; nor would it be of much avail if accorded. "Once a man and twice

a child," is a proverb which tells in the briefest speech of the gradual evolution or "unfolding" of the brain which goes on while the infant develops slowly into the man—conscious of the fulness of his powers ; and also of that involution or "infolding," which follows upon maturity in time ; and which, when well-pronounced, is spoken of as "dotage." Some old persons retain their faculties to the end. But this is the exception not the rule ! In the bulk of cases mental impairment becomes manifest when the allotted span is reached. There are seen petulance, querulousness, garrulity, caprice, likes and dislikes, which tell that the judgment is impaired, even when the intellect still seems fairly good. The higher centres which rule the rest are the last to come and the first to go. Consequently the tendency is for the impulses once more to escape from the control of the will, or, in other words, the character becomes modified—and not for the better.

There are, too, physical changes of like character and corresponding thereto. The ear becomes dull, the sight fails, the lissom hand begins to lose its cunning ; the step is no longer springy, the carriage is less erect. Locomotion is impaired ; the breath is comparatively short ; the heart is feeble, or its rhythm is affected ; the bowels are sluggish ; and the viscera lose tone ; while the bladder centres grow irritable. Indeed, the sympathetic or organic nervous system, like the cerebro-spinal,

is feeling the effects of coming decay. Nor will we be surprised at these results when we reflect upon what the scalpel reveals.

“ The nervous centres waste, harden, and lose weight, and the nerves participate in these changes,” writes Dr. Maclachlan pithily. The nerves participate in these changes, and Lobstein has observed that the change is marked in branches of the sympathetic nerve ; while Engel found the ganglia to have shrunk, by wasting of the ganglion-cells ; the development of pigment not compensating (in bulk, let alone functional activity) for the cell-decay. Such, then, are the anatomical substrata of the alterations which may be observed while the person is living. At the same time the blood-vessels, and especially those of the brain proper, undergo their own changes. Their arterial walls become inelastic, and are either calcareous or fatty according to circumstances ; in either case the blood-current flows less freely through the brain, while the artery is liable to be easily ruptured by any straining. Consequently, apoplexy is more common as life wears on to its finish.

The diseases of the nervous system in age are due in some instances to changes in the blood-vessels rather than in the nerve-tissues themselves ; while in other cases there is a growth of connective-tissue, or the neuroglia, that curtails the true nerve-tissues, as in dis-

seminated sclerosis, otherwise but erroneously spoken of as "softening of the brain," when general and wide-spread; or there is a local growth of such tissue as a tumour. In wide-spread sclerosis there is premature loss of muscular power and intellectual decay combined; while in ordinary dotage there is merely a withering or wasting of the brain; just as there is senile marasmus in the lungs.

Such, then, are the changes wrought in the nervous system by the oncome of age. There is a physical change going on which manifests itself in lowered function; there are alike anatomical changes and physiological modifications of function; all, however, in the direction of loss—of diminished capacity and structural degradation. There is, indeed, in the language of Hughlings Jackson a general involution, a sort of obsolescence creeping over the nervous system in all its parts.

To what therapeutic measures do these morbid states point? Clearly to a combination which contains at once nervine tonics, as quinine and strychnine, with an hæmatic, as iron, and a form of phosphorus which is unstable and so readily broken up; and this last is found in the hypophosphorous acid. When there is impaired nervous energy, whether the morbid change is one of wasting, or there is pressure upon the encephalic mass as by an effusion of blood, forming a clot, the proper nutrition of the nervous system is the cardinal matter to be

ever kept in view. Not only is the cerebro-spinal nervous system affected, but, as we have seen, the ganglia and nerves of organic life are implicated in this structural decay of age, and so the different viscera are enfeebled.

General Rules for the Aged.—The union of a nerve-food (phosphorus) with nervine tonics (quinine and strychnine) is what is to be desired for such a widespread change; no matter whether some more special or local morbid change be also present, or not. By the use of easily assimilable food, attention to the general health, including such exercise as is suitable, and the steady use of this syrup, many elderly people will and can prevent or retard the advance of senility. And this it is which Cicero advocated in his work on Old Age. “We must make a stand against old age, and its faults must be atoned for by activity; we must fight, as it were, against disease, and in like manner against old age. Regard must be paid to health; moderate exercise must be adopted; so much of meat and drink must be taken, that the strength may be recruited, not oppressed. Nor, indeed, must the body alone be supported, but the mind and the soul much more; for these also, unless you drop oil on them as on a lamp, are extinguished by old age.” Shrewd, sensible remarks, these! We cannot arrest completely the oncome of age, but we can retard its advances; and certainly should not invite

its advent. And what says Hufeland on the matter in his work on "The Art of Prolonging Life?" "It needs not be objected that great age is the unnatural state, or an exception from the rule, and that a short life is perhaps the natural condition. Almost all those kinds of death which take place before the hundredth year are brought on artificially—that is to say, by disease or accident; and it is certain that by far the greater number die an unnatural death."

If then the aged could be protected against cold,—the generation of body-heat being impaired by age; if they could be fed on nutritive and easily digestible food; if they could be secured against accident: in other words, if they could be placed under the ideally most favourable circumstances, greater length of days is feasible in the bulk of cases. Granting that all this can be managed, there still remains—what can be done for them by modern knowledge? The nervous system decays and needs its own pabulum. Phosphorus is essential to the formation of lecithin—the phosphorized fat which is the food of the nervous system par excellence—and this, in a desirable form, is furnished by the syrup of the hypophosphites; while, beyond the phosphorus it contains nervine tonics and hæmatics. It is not claimed,—it is not essayed here to attempt to claim, for the syrup supernatural powers; but merely to put forward dis-

tinctly and clearly its claims to be regarded as a combination peculiarly adapted to the requirements of advanced life. The reasons for thinking it adapted to the peculiar wants of the old have been given, and will be found sufficient to warrant the opinion put forward.

To attempt to classify the nervous maladies of old age and to give the management of each would only unduly swell the size of this pamphlet without adding to its value. The great matter to be grasped is essentially the treatment indicated by what we observe in life, and what is revealed in the dead-house as to the changes wrought by age. It stands out clearly before us. We must get these people to husband their powers, and yet not to lead too sedentary a life by which the already imperfect oxidation and removal of waste products is favoured. Also by a suitable dietary to avoid the accumulation of waste products in the blood. Then to administer remedial agents which will feed the nervous tissue so as to keep at bay that widespread deterioration of it which age brings with it. These principles apply to all cases; and that hebetude which creeps slowly over the old is to be borne in mind—no matter what the special ailment complained of, or the symptoms for which relief is sought. Senile degeneration is the main fact to bear in mind in dealing with aged persons. The tissues are comparatively easily injured,

while repair is tardy and often imperfect. The great matter then is to take such measures and precautions as shall ward off any positive malady, and, so far as lies in our power, to prevent what we cannot cure. The whole viscera are structurally impaired by the wasting of their proper elements, and the growth of their connective-tissue ; in other words a general visceral cirrhosis is developed, by which their functional activity is impaired and consequently the demand upon them must be reduced to their capacities. They are not in a condition to bear strain, or tolerate injury or demand upon them. It becomes most desirable to maintain the health and vigour so far as this may be done, and no medicinal combination yet devised will be found to serve this desirable end so well and so effectually as the syrup of the hypophosphites offered to the world by Mr. Fellows. At least this is his sincere belief, and in corroboration of what is written here he begs to offer to his readers the following letters, as a few of the large number which have been addressed to him on the subject.

Before proceeding to do so, however, he must draw attention to one particular subject, and that is that not unfrequently he receives complaints that certain skin-troubles seem to be increased by the use of the syrup, such as eczema scroti for instance. There is no doubt that at times such is the case ; but if there is an increase of local

irritation it is more than compensated for by the improvement of the general health. MacLachlan states that where cutaneous discharges have existed for some time and then dried up amongst his aged patients at the Chelsea Hospital, applications have frequently been made to him to reinstitute them as being useful. In speaking of eczema he writes: "That the eruption is occasionally and not unfrequently salutary there can be no doubt, and the cure of chronic eczema is sometimes succeeded, as in other chronic cutaneous symptoms, by severe pectoral ailments, and still more alarming cephalic symptoms, vertigo and apoplexy itself." There are then some matters which are "best out," and there certainly are some cutaneous matters which apparently are aggravated by the use of the syrup, of which this is true. Probably however these very eruptions exercise a beneficial effect upon the general health.

From experience covering many years in the use of his Hypophosphites, Mr. Fellows begs to remind the profession of its higher utility when united with Cod Liver Oil in an emulsion, as directed on p. 72. Not only are the nutritive and tonic properties very much increased thereby, but the oil is converted into a *palatable* food. In this form a surprisingly beneficial effect is produced upon the general health of the aged. This is particularly apparent in cases of bronchial difficulty.

CLX.

From S. A. KELLEY, Esq., M.D.

RILEYVILLE, PA., U.S.A.,

DEAR SIR,

Dec. 19, 1880.

I prescribed your Hypophosphites to Mrs. —, æt. 52, wife of a wealthy farmer. She had previously two severe attacks of “pleuro-pneumonia,” last April typhoid fever and œdema of the lungs, since which she has never seemed *compos mentis*. Constantly troubled by some Phantasm or Hallucination, and at the same time fretful, without energy, and a desire for self-destruction, as life was to her a terrible burden. Happily, all these troubles have disappeared since she began the use of the Hypophosphites, and she appears to be fully restored to health.

S. A. KELLEY, M.D.

To MR. FELLOWS.

CLXI.

From JOHN LAKE, Esq., M.D.

REHOBETH, S.C., U.S.A.

DEAR SIR,

4 July, 1881.

Some time ago I began using your Hypophosphites, and with the most happy results. My whole

system was prostrated by "Chronic Diarrhœa," to which I had been a victim since the late war, and was running down very rapidly when I began its use ; it has fulfilled every promise made in your circular. My bowels are in a better condition than for many years, the muscular and nervous tissues built up and strengthened far beyond my hopes. I believe your Syrup of Hypophosphites will soon become a standard prescription in Nervous and General Debility. Great precautions, however, should be taken to prevent its being counterfeited. Thanking you for the great benefit I have derived,

I am, Sir,

Yours truly,

JOHN LAKE, M.D.

CLXII.

From R. D. PUREFOY, Esq., M.B.T.C.D., F.R.C.S.I.,
Obs. Surg. Adelaide Hosp., Lec. on Mat. Med. Led.
Sch. Med.

13, MERRION SQ., DUBLIN,

19, *Sept.*, 1884.

I have frequently had recourse to the use of Fellows' Hypophosphites in cases of debility, especially when

attendant on chronic uterine diseases, and believe it fully deserves the encomiums so widely bestowed on it.

R. D. PUREFOY.

CLXIII.

Translation of a letter from Dr. BRUNO BAYONA.

ABLITAS, NAVARRA, SPAIN,

7 June, 1884.

DEAR SIR,

With great satisfaction, I have used your Syrup of Hypophosphites in a case of bronchial asthma; indeed, I have seen verified all that you promised us, and have great pleasure in telling you that your Syrup replaces with great advantages all remedies which we have used in cases of this kind. It stopped the paroxysms and brought about tranquility of sleep, sleeplessness troubling my patient most before she took the Syrup.

Yours truly,

BRUNO BAYONA, M.D.

Mr. JAS. I. FELLOWS, London.

CLXIV.

From Dr. D. J. KING.

RIO DE JANEIRO, BRAZIL,

12 Aug., 1884.

DEAR SIR,

When the vital powers are lowered by long residence in this country, I have prescribed (and continue to do so) your Syrup of Hypophosphites with marked benefit. I find it a good tonic for European children also.

Yours very truly,

D. J. KING, M.D.

Mr. JAS. I. FELLOWS, London.

CLXV.

From WM. R. GOODFELLOW, M.R.C.S., L.S.A.

ROCHE, CORNWALL, ENGLAND,

28 Aug., 1884.

Mr. JAMES I. FELLOWS.

DEAR SIR,

Your Syrup has been used for some time in my practice, and I am pleased to say with extremely satisfactory results; indeed, I have succeeded (whilst prescribing it) in cases when the administration of the

various ingredients of your Syrup in uncombined form have signally failed, and now I invariably use your formula and believe that it assimilates better.

It has proved with me to be most efficacious in all cerebral and general affections of the nervous system.

My rule is to abstain from giving testimonials, this being the only exception, but I consider that the subject merits this.

Yours truly,
WM. R. GOODFELLOW.

CLXVI.

From CHARLES FAIRFAX NURSEY, ESQ., L.R.C.P.Ed.,
L.M., L.F.P.S.Glas.
1, CAMBRIDGE TERRACE,
TALHAM STREET,
SUNDERLAND, ENGLAND.

DEAR SIR,

I have used your preparation with much success, particularly in the case of my own son, a boy about nine years of age, who for some time has suffered from anæmia, general weakness and lassitude, due to threatened spinal curvature. I gave him frequent doses of your Syrup, which in a short time

restored his strength. I should prescribe your remedy oftener than I do, if the price would allow my patients to purchase it, yet I order it because it is a valuable compound, far better than anything of the kind in the Pharmacopeia.

I am, yours very truly,
CHARLES FAIRFAX NURSEY.

CLXVII.

From A. E. ABRAMS, Esq., M.D.

164, HIGH STREET,
HARTFORD, CONNECTICUT, U.S.A.,
Oct. 8, 1884.

JAMES I. FELLOWS, Esq.

DEAR SIR,

The Syrup Hypophos Co. (Fellows) has proved of great benefit to my wife. It strongly confirms my experience of its value during the past two years.

Yours truly,

A. E. ABRAMS.

CLXVIII.

From E. JAY FISK, Esq., M.D.

75, THIRD STREET,
TROY, NEW YORK,
Oct. 6, 1884.

JAMES I. FELLOWS, Esq.

DEAR SIR,

I dispense your Syrup Hypophos. Comp. and now use no other, as I claim and prove your Syrup to have no equal.

Yours truly,

E. JAY FISK.

CLXIX.

From G. A. BJOERKMAN, Esq., M.D.

61, CAMDEN STREET,
BOSTON, MASS., U.S.A.,
December 25, 1884.

JAMES I. FELLOWS, Esq.

DEAR SIR,

I am exceedingly pleased with the effect of your Syrup, and would find it difficult, now I have learnt its merits, to do without it. It is not equalled by any preparation of its kind.

I have two interesting cases to report. First case, Hans Mortensen, a Swede, age 24, fell from a height of 40 feet, breaking his fall by striking against a balcony. He suffered from concussion of the brain, and probably of the spine, as the result of the fall; also three scalp wounds and a sprained wrist. The external wounds healed rapidly under appropriate treatment, but he grew weaker day by day, lost weight, and suffered from constipation. I tried various courses of treatment—Iron, Quinine, Bark, &c., but he got steadily weaker, and three months after the accident could do little but lie about on a lounge. I then tried a course of electricity with strychnine internally, but to no purpose. It at last occurred to me to try your Syrup, and I commenced with one teaspoonful three times a day with his meals. I used no other treatment, and very soon there was marked improvement, the appetite returning and vitality increasing. After two weeks' treatment he began to increase in weight at the rate of about 1 lb. a week. At the end of three months he declared himself to be stronger and healthier than he had ever been. He now weighs 158 lbs., his highest weight at any time previous to the accident not having exceeded 146 lbs.

I can truly say that I owe not only the recovery but the life of this man to the valuable properties of your

Syrup, which has also been of incalculable service to me in the treatment of many cases of anæmia and pulmonary disease.

It is an excellent prophylactic to take in districts where there is bad drainage.

As an instance, I quote a family who lived in such a district, and who one and all suffered from constant sore throats and gastric irritation. Since they have taken your Syrup they have been entirely free from the above troubles and have grown much stronger.

I remain, dear Sir,

Yours very truly,

G. A. BJOERKMAN.

CLXX.

From J. W. JORDAN, ESQ., M.D.

BLACK HAWK, MISSOURI,

January 9, 1885.

JAMES I FELLOWS, ESQ.

DEAR SIR,

I have used your Syrup Hypophos. Co. for two years with the happiest results. I have found it to be especially beneficial in the incipient stage of Phthisis Pulmonalis, in Bronchitis, and in all cases of nervous

debility. I consider it highly beneficial in chronic wasting diseases.

Yours truly,

J. W. JORDAN.

CLXXI.

From J. HARMISON, Esq., M.D.

CUBA, *Dec.* 15, 1884.

JAMES I. FELLOWS, Esq.,

DEAR SIR,

About a fortnight ago I received and read your valuable treatise, part 4. I have used your Syrup Hypop. Co. for about three years in incipient Phthisis, and other forms of lung mischief. For instance, my own mother, who was suffering from Fibroid Phthisis, and whose case was adjudged hopeless, all the ordinary remedies having proved futile, recovered under treatment by your Syrup. Another case of severe lung disease following measles was treated similarly, with favourable results. I might multiply cases, but it is useless. I think your remedy the most valuable for the purposes claimed for it that can be obtained.

Yours truly,

J. HARMISON.

CLXXII.

(Translated).

From SIG. V. GUZMAN, M.D.

GRANADA, SPAIN,

Feb. 7, 1885.

JAMES I. FELLOWS, Esq.

DEAR SIR,

I have pleasure in stating that I have used your Syrup several times in cases of Insomnia, due to an irritable condition of the brain, and always obtained good results. I consider the Syrup a valuable nervous and alimentary tonic.

Yours truly,

V. GUZMAN.

CLXXIII.

From J. A. EXTON, Esq., M.D.

Secretary of the Hudson Medical Society, New Jersey.

BEECH STREET, CORNER OAKWOOD AVENUE,

ARLINGTON, NEW JERSEY, U.S.A.

JAMES I. FELLOWS, Esq.

MY DEAR SIR,

I have been intending to write to you for some time, to add my mite in praise of your valuable

preparation, (Syrup Hypophos. Co.) I have used it in tubercular infiltration of the lung many times, with the most satisfactory results ; also in abscess of the lung. It is a valuable adjutant to cough mixtures.

As a remedy in the treatment of mental and nervous diseases it is all that is claimed for it.

In the convalescent stage of Pneumonia, in fact during the whole course of the disease, its use is by me never omitted.

Very truly,
J. A. EXTON,

CLXXIV.

From JOSIAH PAULL, Esq., M.R.C.S., L.S.A.

CAMBORNE, CORNWALL,

April 11, 1884.

MR. JAS. I. FELLOWS.

DEAR SIR,

I have wished to write you respecting your Syrup Hypophos. Co. for some time, which I have found particularly beneficial in several cases of lung disease.

In one case especially the benefit derived was extraordinary. I firmly believe this patient would have

succumbed long ere this from exhaustion but for the Hypophosphites, because his nervous system was completely shattered and his digestion sadly impaired.

I have myself taken it with benefit.

I am, yours very truly,

JOSIAH PAULL.

CLXXV.

Translation of letter from Dr. CÉSARE CAPRENA,

CAMPO BASSO, CIVITA CAMPO MARINO, ITALY.

20th May, 1885.

Mr. JAMES I. FELLOWS.

SIR,

I have pleasure in informing you that having employed your Syrup of Hypophosphites for about three years, I have had ample opportunities of observing its effects, and declare it to be a grand preparation furnished to humanity by chemical science.

I will state briefly that your Syrup of Hypophosphites has been of positive benefit in Chronic Bronchitis, in the first and second stages of Phthisis, Anæmia, and nervous exhaustion of the brain.

For those diseases of children for which it is recommended, there is no remedy equal to it.

I can say truly that in my professional experience of half a century I have not found so satisfactory a remedy. In fact, your preparation is beyond praise.

I am, Sir,

Yours very truly,
CESARE CAPRENA.

CLXXVI.

From THOMAS HILL, ESQ., L.R.C.S.ED. & L.M.

176, OAKFIELD ROAD,
ANFIELD PARK,
LIVERPOOL, ENGLAND.

DEAR SIR,

Your valuable Syrup of the Hypophosphites is to me an inestimable treasure in a large number of cases ; my sheet-anchor in nervous debility.

May I request you to send me your treatises.

I am, dear Sir,

Yours faithfully,
THOMAS HILL.

CLXXVII.

Letter from SAMUEL MAUGHAN, ESQ., M.R.C.S.

BOGNOR, SUSSEX, ENGLAND.

20th January, 1884.

Mr. JAS. I. FELLOWS.

SYRUP HYPOPHOS. (FELLOWS).

SIR,

The first case in which I had an opportunity of prescribing the above was in one of Infantile Paralysis of the lower extremities in a boy of about three years of age. The treatment adopted was galvanism and the internal administration of the Syrup. The general health rapidly improved, and in due time nutrition and power were restored. From time to time I discontinued the Syrup, continuing the galvanism; in a few days I discovered a diminution of tone.

The second case was in that of an elderly lady convalescing from Bronchial Pneumonia, mainly as a nutrient. The benefit was very marked; her general healthy condition speedily improved, and her lung mischief cleared up. I continued its use for some months, as I found my patient had an unreduced dislocation at the shoulder joint of long standing. Her nervous and muscular tone increased considerably, and with proper exercises she acquired fair use of her arm.

The third case was in that of a strumous girl of about

13 years of age, with enlarged glands of the neck and general cachectic conditions, whose family were always under my care. She built up marvellously under treatment, the enlarged glands gradually disappeared, and she lost her cough from which she had previously suffered. I subsequently treated an infant in the same family suffering from Marasmus with most satisfactory results; in fact, I might add that since that date I have prescribed it largely in my practice in similar cases to the above, in many uterine and in nearly all cases of deficient nervous tone.

I am, Sir, yours faithfully,
SAMUEL MAUGHAN.

CLXXVIII.

Letter from A. E. PROCTER, Consulting Surgeon,
Darjiling, and Himalayan Railway.

COLINTON SANATORIUM, DARJILING, INDIA,

July 30, 1884.

JAMES I. FELLOWS, ESQ.,

SIR,

In reply to your communication, I have prescribed the Syr. Hypophos. Co. (Fellows) for many years, both in the East and West Indies, and experience has

convinced me that it is Pharmacologically superior to any other preparation of the Hypophosphites.

The neutral reaction of the Syrup, and the stability of the solution of Strychnine (so that it is never precipitated) are characteristics, the importance of which cannot be over-estimated. The danger of giving unscientifically prepared or prescribed combinations of drugs containing a powerful poison has been, unfortunately, too often demonstrated, and the acid reaction of the usual Syrups of the Hypophosphites has been a bar to their use in those cases where acids are contra-indicated.

You ask me in what class of cases I have used the Syrup? I have not time to enter into details, but will state briefly that the cases in which I have prescribed your Syrup with the most beneficial results are in those of an adynamic or cachetic type, due either to disease or environments, or habits tending to lower the vital powers. As a counteractant of the depressing and debilitating effects of a tropical climate, it stands *per se*.

It is a valuable prophylactic and tonic in malarial districts, and of marked utility as a tonic in tropical hill stations, in that it increases the powers of assimilating oxygen, deficient in the air at these altitudes.

Its composition indicates, and its effects prove it

to be, a restorative of brain and nerve tissue, which is, in the hurry and anxiety of modern life so prodigally wasted.

Yours truly,

A. E. PROCTER.

CLXXIX.

Letter from PERCIVAL H. WATSON, Esq., L.R.C.P.,
Lond., M.R.C.S., Eng.

64, JESMOND STREET,

NEWCASTLE-ON-TYNE,

ENGLAND, *June 24, 1885.*

MR. J. I. FELLOWS.

DEAR SIR,

I have much pleasure in stating that I have formed a very high opinion of your Syrup of the Hypophosphites.

I have used it extensively in a great variety of diseases, and have always been pleased with the results. It agrees with the most delicate stomach, and can be taken for long periods by patients who cannot take even half-grain doses of quinine without producing unpleasant symptoms. This I have repeatedly proved.

I have tried several imitations of your syrup, but

they are neither so palatable nor so efficacious as yours, and most of them throw down a suspicious deposit on standing, so that I was afraid to use the last three or four ounces left in the bottles.

In a case of Epileptic Neuralgia in a lady, aged sixty-three, I was much pleased with its effect, as the patient greatly improved whilst taking it.

Yours truly,
PERCIVAL H. WATSON.

CLXXX.

(Translated from the French)

From Mons. le Docteur MCA. BOURDERA, a Vic-Fezensac,
dep Gers, France.

5 March, 1885.

SIR,

Mr. Fellows has invented, without perhaps himself suspecting it, the best tonic known up to the present time. The Hypophosphites of ——— have not maintained their reputation, owing to some defect in the composition or preparation, which did not assure long continued relief. I am happy to tell you that I consider Mr. Fellows' preparation as the greatest benefit obtained

by modern therapeutic science. My personal experience of its use has indubitably confirmed me in this opinion. The effects are speedy and lasting, as it acts upon the great sympathetic gastric nerves, in promoting digestion and facilitating the action of the lungs.

It has no special influence upon the kidneys and bladder.

I am, Sir, &c.,

MCA. BOURDERA.

To MONS. B————

Paris, France.

CLXXXI.

(Translated from the French).

From Monsieur le Docteur PRUD'HOMME.

14, BOULEVARD POISSONNIERE,

PARIS, April 3, 1885.

SIR,

I have experimented with your Syrup of Hypophosphites, and can testify to the excellent results obtained.

I am, Sir, &c.,

DR. PRUD'HOMME.

MONS. JAMES I. FELLOWS,

London.

CLXXXII.

(Translated from the French).

From Monsieur le DOCTEUR MORA, Doctor of Medicine
of the faculty of Paris, Medical Inspector of Children.

Laureated by several learned Societies.

À BRUNCHAMEL, DEP. AISNE,

May 2, 1885.

SIR,

(SYRUP HYPOPHOSPHITES FELLOWS.)

The use of this preparation has been followed by excellent results in many cases of pulmonary phthisis; patients take it readily—an immense advantage over most other medicines—and its use can be continued for a considerable length of time.

Under its influence the cough becomes less trying, and the expectoration easier and more abundant. The composition of Fellows' Syrup is based upon positive physiological data, and will, I am convinced, meet with a most favourable reception from the medical profession. In my opinion, it is the best remedy that can be prescribed in cases of tubercular consumption, general debility, anæmia and scrofula. Of this résumé of my recent experiences, you are at liberty to make any use you please.

I am, Sir, &c.,

DR. MORA.

Mons. JAMES I. FELLOWS, London.

CLXXXIII.

(Translated from the French).

From Mons. le Docteur RITEROLLES, of the Faculty of
Paris, formerly House-Surgeon at the Hospital of
Clermont—Ferrand.

LA BOURBOULE, FRANCE,
4 June, 1885.

SIR,

As medical men should contribute towards the adoption of anything tending to the relief and comfort of the sick, permit me to add my tribute to that of my medical brethren who have prescribed your Hypophosphites.

Having made a number of observations in your favour, I am quite ready to communicate them.

These observations relate to diseases which have been treated at La Bourboule by arsenical preparations simultaneously with your Syrup of Hypophosphites. I can confidently say that in nearly every case the results have been marvellous, and much superior to those obtained by arsenical remedies alone. My opinion on this point is very decided.

The employment of your preparation of the Hypophosphites with the arsenical remedies appears to me to be the only efficacious treatment in Chlorotic

Anemia, Scrofula in all its forms, and organic affections of the lungs. The two remedies employed at different times have not proved so effectual in my hands.

I am, &c.,

Dr. RITEROLLES.

MONS. JAMES I. FELLOWS,
London.

EXTRACTS FROM PHYSICIANS' LETTERS
REFERRING TO FELLOWS' HYPO-
PHOSPHITES.

CLXXXIV. Acted charmingly with a lady patient suffering from Pulmonary Tuberculosis.

IRVINE W. GILKESON, M.D.

21 *Sept.*, 1881.

Mintsprings, Augusta Co.,
Va., U.S.A.

CLXXXV. Using it in three cases, an old man, eighty years, with Neuralgia, and two young ladies, all improving.

A. NEELY, M.D.,
4 Aug., 1881. Smithtown, W. Va., U.S.A.

CLXXXVI. Your Hypophosphites is working admirably.

B. G. COOKE, M.D.,
24 Oct., 1880. 117, E. 91 Street, New York City.

CLXXXVII. Superior to anything of the kind that I have ever seen.

W. L. KELSEY, M.D.,
24 Aug., 1881. Willington, Connecticut,
U.S.A.

CLXXXVIII. I believe it a good preparation.

J. G. A. DICK, M.D.,
10 Mar., 1881. Red Banks, N. C., U.S.A.

CLXXXIX. I think it an excellent preparation.

23 *June*, 1881. S. W. EATON, M.D.,
Rowan Mills,
N. C., U.S.A.

CXC. I like it very much.

2 *Feb.*, 1881. J. R. SLINGERLAND, M.D.,
Mt. Lebanon,
N. Y., U.S.A.

CXCI. Have tried it and am much pleased with the results obtained.

18 *May*, 1881. H. C. REIET, M.D.,
New Baltimore,
Pa., U.S.A.

CXCII. I cordially recommend it to the medical profession.

3 *Sept.*, 1881. E. KENDRICK, M.D.
Chief Health Officer,
Corinth, Miss.

CXCIII. The best remedy I have found.

A. B. POPE, M.D.

11 *Aug.*, 1881.

Stewart, Honston Co.

Tenn., U.S.A.

CXCIV. Used with satisfactory results.

N. B. SCOTT, M.D.

8 *July*, 1881.

Hagerstown, Mo.

CXCV. Proved efficacious in a number of cases.

W. W. WILSON, M.D.

17 *May*, 1881.

Williamston, S.C.

CXCVI. Administered it to a lady patient with good effect, breathing much improved.

G. W. STOREY, M.D.

5 *April*, 1881.

Santa, Jackson, Co., Ala.

CXCVII. Am using it with best results.

J. J. BARCLAY, M.D.,

6 *April*, 1881.

Wheeler, Ala

CXCVIII. Much pleased with its effect in an extremely bad case of Consumption, with symptoms of Paralysis and Nervous and Cerebral Exhaustion.

W. T. HODNETT, M.D.

15 *June*, 1881.

Tuskegee, Ala.

CXCIX. Frequently employ it ; always with success. Know of nothing better or more reliable.

JOHN ABERCROMBIE, M.D.

18 *May*, 1881.

Memphis, Tenn.

CC. Although but two-thirds of a bottle has been used, I feel better than for fifteen or twenty years.

P. T. DAINE, M.D.,

4 *June*, 1881.

Cleveland, Ohio.

CCI. Has given perfect satisfaction.

J. H. DECHERD, M.D.,

30 *Aug.*, 1881.

Van Buren, Arkansas.

CCII. Physician's Armamentarium incomplete without it.

R. W. SMITH, M.D.,
4 Oct., 1881. Yorkville, Gibson Co., Tenn.

CCIII. Always reliable in cases of tuberculosis, nervous debility and mental derangement.

M. CZARTORYSKI, M.D.,
2 Mar., 1882. Stockton, Cal., U.S.A.

CCIV. Perfect satisfaction in diseases of the throat and lungs.

L. C. DAVIS, M.D.,
18 Mar., 1882. Vassar, Michigan.

CCV. Have never seen anything excel this as a tonic.

B. M. WALKER, M.D.,
22 Mar., 1882. Danville, Virg., U.S.A.

CCVI. One of the most valuable therapeutical agents we now possess in the treatment of Pulmonary Diseases.

E. MACFARLAIN, M.D.,
7 Aug., 1882. 18, East 128th Street, New York.

CCVII. Acted well in cases named; one patient entirely cured of nervousness, the others benefited.

S. R. CHISHOLM, M.D.,
23 Nov., 1882. Honeapath, S. C.

CCVIII. I certainly obtain better results from Fellows' Hypophosphites than are observed from the use of other manufactures.

A. LWEZEY, M.D.,
18 Dec., 1882. Yardleyville, Pa.

CCIX. Ordering your preparation almost daily. It is elegant, effective, and answers fully your recommendations.

WALTER B. REYNOLDS, M.D.
3 Jan., 1883. 10, Fifth Street, N.E.,
Washington, D. C.

CCX. As indispensable in practice as quinine, use it where a constructive alterative and general tonic is indicated, always with gratifying results. I believe Syr. Hypo. Co. Fellows has done more to establish my reputation than all remedies in the *Materia Medica* combined. So extraordinary and un hoped for were the results of one case treated by it that I fear to relate it except to friends who know me.

F. E. DANIEL, M.D.,

25 *Jan.*, 1883.

Fort Worth, Texas.

CCXI. Has worked splendidly! With continued satisfaction! A splendid preparation! In all cases of debility, in the first stages of consumption, and the debility of old age, its effects are most satisfactory. Patients increase in flesh, and improve in appetite under its use.

H. W. COBB, M.D.,

9 *June*, 1883.

Perry, Michigan.

CCXII. In all cases of Pulmonary Diseases, Scrofula, Anæmia, Marasmus, find good results.

A. W. COTTEN, M.D.

7 *June*, 1883.

Baltimore, Maryland.

CCXIII. Am pleased with Fellows' Hypophosphites in cases of female nervousness and incipient phthisis.

S. R. VOORKEES, M.D.

14 June, 1883.

Macon, Ohio.

CCXIV. In all respects fully up to the measure you claim for it.

R. W. SMITH, M.D.,

4 June, 1883.

Yorkville, Tenn.

CCXV. A very useful tonic in nervous exhaustion, for which it seems especially indicated.

HENRY HERMAN, M.D.

May 31, 1883.

New York City.

CCXVI. Am always delighted with the result obtained from your Hypophosphites. Scarcely a day passes that I do not prescribe it. A valuable preparation.

B. M. WALKER, M.D.

2 June, 1883.

Danville, Va., U.S.A.

CCXVII. Only needs a trial to prove its superiority in cases of nervous or general debility, whether from pulmonary or other causes.

J. R. REEVE, M.D.,
15 June, 1883. Martinsburg, Texas.

CCXVIII. Still using it with excellent results. Is accomplishing much good.

H. B. POPE, M.D.,
2 June, 1883. Stewart, Tenn.

CCXIX. Your preparation gives excellent satisfaction.

JNO. W. HOPPER, M.D.,
1 June, 1883. Hackensack, N.J.

CCXX. Prescribe it almost daily in nervous debility as well as pulmonary affections. In some cases superior to all other remedies.

J. A. JENKINS, M.D.,
2 June, 1883. Brooklyn, E.D., L.I.

CCXXI. Fellows' Syrup of Hypophosphites in Bronchial affections and the Marasmus of children has proved most useful.

LEONARD NORTH,
Earl Street, Dublin.

CCXXII. Je m'en trouve très bien.

DR. J. GERARD,
14, Rue d'Amsterdam,
Paris, France.

May 27, 1885.

CCXXIII.

From the "NEW YORK MEDICAL DIGEST," 15th June,
1883.

FELLOWS' HYPOPHOSPHITES.—This preparation for the cases in which it is indicated, in our judgment, has few equals. It has become one of the essentials almost in practice. We have used many bottles with great satisfaction to ourselves and patients.

CCXXIV.

From the "KANSAS MEDICAL INDEX."

FELLOWS' HYPOPHOSPHITES needs no word of commendation from us, as it is generally prescribed by the Profession.

CCXXV.

From the "ATLANTA ECLECTIC JOURNAL," *March*, 1883.

FELLOWS' HYPOPHOSPHITES.—This compound has attained a popularity seldom equalled, and which would be impossible without merit to sustain it.

CCXXVI.

From the "MISSISSIPPI VALLEY MEDICAL MONTHLY."

FELLOWS' HYPOPHOSPHITES contains all the ingredients necessary for the formation of a superior stimulant and tonic. We have had the most satisfactory results from its use in the various forms of debility, associated with or dependent upon defective assimilation.

It is especially a desirable remedy in chronic pulmonary diseases, including tuberculosis, for which it is one of our most common and satisfactory prescriptions.

CCXXVII.

From the "HARTFORD JOURNAL OF INEBRIETY," Hartford,
Conn., U.S.A., *October, 1883.*

FELLOWS' HYPOPHOSPHITES is a remedy, *par excellence*,
in the varied anæmic and neurasthenic conditions
following the abuse of alcohol and opium.

CCXXVIII.

From the "SOUTHERN CLINIC," Richmond, Va., U.S.A.,
December, 1883.

FELLOWS' HYPOPHOSPHITES.—The testimony of the
Profession is so universal as to the value of the Hypo-
phosphites in all wasting diseases, consumption, and
cancer, that we have only to say that the preparation
of Mr. Fellows is pure, pleasant, and reliable.

CCXXIX.

From "HANDBUCH DER SPECIELLEN INTERNEN THERAPIE."
Von Dr. MAX SALOMON, Berlin, 1885.

Phthisis pulmonum.

In all stages of Phthisis, Fellows' Compound Syrup
of Hypophosphites has proved very useful as a tonic,

to many eminent English clinicians, and also to me in repeated trials.

Catarrhus Gastricus.

Use Fellows' Compound Syrup of Hypophosphites.

Cirrhosis hepatitis.

Use Fellows' Compound Syrup of Hypophosphites thrice daily, a teaspoonful in a wine-glass of cold water at meals.

This remedy is composed of the Hypophosphites of Chinin, Strychnin, Iron, Calcium, Potash and Manganese. I have used it repeatedly with good result as a tonic for stimulating the appetite and removing nervous sleeplessness.

Tabes dorsalis.

Try Fellows' Compound Syrup of Hypophosphites.

Anæsthetica.

Fellows' Compound Syrup of Hypophosphites is especially recommended in cases of Anæmia and Neurasthenia. A teaspoonful at each meal in a glass of cold water.

Paralysis—Paresis.

Fellows' Compound Syrup of Hypophosphites, containing the Hypophosphites of Chinin, Strychnin, Iron, Calcium, Potash, and Manganese, I have found useful in cases of wearisome Paresis of the lower extremities after infectious diseases. One teaspoonful at each meal in a glass of cold water.

CCXXX.

Extract from an editorial in "THE ANNALS OF HYGIENE,
Philadelphia, Pens., U.S.A., *October*, 1884.

The special food of the brain is phosphorus, and particularly is this article requisite for a brain exhausted by mental worry. But we may not always derive the desired results from the use of the crude drug, hence various preparations have at times been offered by which the efficacy of the drug has been greatly enhanced. Of these numerous formulæ we have used many, and have had most satisfactory results (in the "mental worry" caused by things going wrong) from the use of the Syrup of the Hypophosphites, as prepared by James I. Fellows.

Let us remember that we must nip mental worry in

the bud, or it may become unmanageable. Do not let it pass on into mental exhaustion. We know that Dr. S. Weir Mitchell treats nervous exhaustion with rest and food; let us combat mental worry with the same weapons—with rest and with suitable food—and this preparation of phosphorus is in reality a most invaluable brain food.

CCXXXI.

Translated from an article in the "JOURNAL MÉDECINE" de Paris, May 10, 1885, entitled "A New Treatment of Pulmonary Phthisis by Hypophosphites."

The therapeutics of pulmonary phthisis have made important progress during the last few years, and satisfactory results in its treatment have been obtained, more especially since efforts have been made to ascertain the exact limits of the lesions and the reflex results which they can have on the whole organ. It has been, in fact, proved, that when the lesions are limited to the surface or when they have destroyed a part only of the pulmonary parenchyma, the doctor can, by the methodical use of reconstituents, obtain for his patient, if not a

complete cure, at all events a relatively satisfactory state of health.

The basis of the rational treatment of pulmonary phthisis is, therefore, an efficient reconstituent remedy (or medium). A great number of preparations of this kind have been suggested : some with a basis of iron, others of phosphorus, bark, &c., the aim of all being to increase the vital energy and resist the decay of the organ.

A preparation much in use in England and America, called by the name of its inventor, Mr. James I. Fellows, consists of a clever combination of Hypophosphites, whose therapeutic properties in the treatment of pulmonary phthisis are well known.

The bases of Fellows' Hypophosphites are potash, lime, iron, manganese, phosphorus, and various tonic alkaloids, such as quinine and strychnine. It is easy to see that such a combination of remedies used in proper proportions would have a beneficial effect in pulmonary lesions. The potash and lime restore the muscular and osseous system ; the iron and manganese enrich the blood ; and the phosphorus increases the vital energy ; while quinine and strychnine act more especially as nerve tonics.

Numerous practical experiments in England and America, confirmed more recently in the clinical practice

of a great number of hospitals in Paris and the provinces, have proved that the Hypophosphites as prepared by Mr. Fellows act in phthisis and other chronic maladies by stimulating the appetite and aiding digestion and assimilation by strengthening the nerves and assisting the constant repair of the body in wasting diseases.

The action of Hypophosphites is most rapid and beneficial in cases of fibroid phthisis, in acute or sub-acute phthisis, accompanied by fever and an increase of temperature ; the Syrup, combined with good food and rational treatment, sometimes gives relief when all other medicines have failed.

The night sweats of phthisical patients are rapidly diminished by the use of Fellows' Syrup, and those cases in which hemoptysis is a marked feature are greatly benefited.

We shall no longer dwell in this article on the restorative properties of this Hypophosphites. We refer those of our readers who wish for more ample information to the numerous works which have been published on this interesting question.* We have simply aimed at

* Some observations on Fellows' Hypophosphites, Part I.; Pulmonary Diseases, Part II.; Nervous Diseases, Part III.; Children's Diseases, Part IV. By James I. Fellows: London, 67, Holborn Viaduct.

calling the attention of medical men to a preparation of which one trial will be sufficient to convince them of its great therapeutic value.

CCXXXII.

Extract from an article on "The use of Permanganate of Potash in Amenorrhœa," published in the *Gynecological Journal*, July, 1885, page 223, by FANCOURT BARNES, Esq., M.D., M.B. & C.M. M.R.C.P., London, Fellow Obs. & Med. Soc., London, Obs. Phys., Great North Cent. Hospital, Phys., Chelsea Hosp. for Women, British Lying-in Hospital, and Royal Maternal Hospital, London. Author of various works on Women's Diseases.

LONDON, ENGLAND.

I have found the establishment of the menstrual function secured in several cases lately under my care, by the administration of Fellows' Hypophosphites. In badly nourished anæmic girls, with small, ill-developed uteri, the Hypophosphites will be found to give better results than the Permanganate of Potash. Occasionally the alternate administration of the drugs is useful.

FANCOURT BARNES, M.D.

SAFEGUARDS AGAINST SUBSTITUTION.

The Fellows' Hypophosphites is dispensed in bottles containing 8 oz. and 15 oz. by measure—the address, Fellows & Co., St. John, N.B., blown on—the name, J. I. Fellows, St. John, N.B., in watermark upon the yellow wrapper; it is hermetically corked and sealed with crimson gelatine; is heavy, slightly alkaline, has a pleasantly bitter taste, and deposits a flocculent brown precipitate of Hypophosphite of Manganese when left undisturbed for forty-eight hours.

Note.—Though this precipitate mars the appearance, its presence has been found imperative to its full remedial effect.

By ordering f 3 viii, the Syrup can be dispensed in the original bottle containing that quantity, when the trade label may be removed and prescription-directions substituted as desired.

In dispensing, the Hypophosphites should only be diluted with pure Syrup or Glycerine.

PRICES.

GREAT BRITAIN, Stamp included, 7s. large; 4s. small
IRELAND and COLONIES, without Stamp, 6s. large; 3s. 6d. small.

UNITED STATES AND CANADA, \$1.50 per Bottle.

Six bottles purchased at one time may always be had for the regular price of five, in any Country.

Since the Syrup is supplied to Agents, at a given uniform cost in *every part of the world*, the price should never exceed the above figures.

PRESCRIPTIONS.

Cod Liver Oil and Hypophosphites.—

R̄ Olei Jecoris Aselli, ʒ viij.

Ovi Vitelli unius.

Syr : Hypophos. Fellows, ʒ viij, ℥.

Beat the yolk of egg with two teaspoonfuls of cold water; add the Syrup, and shake together. Lastly add the Cod Liver Oil, and shake until the mixture becomes milk white.

Dose for an adult—two teaspoonfuls three times daily.

Soda and Rhubarb Powder.—

R̄ Pulv. Rhei. Ind : Opt.

P. Sodæ Bi Carb. aa ʒ ss.

P. Zingiber Opt. gr. xl. ℥.

Dose for an adult—one teaspoonful in a wine-glass full of cold water. For children—one quarter, half, or one-third, according to age.

Stimulating Liniment.—A useful application to the chest in bronchitis, asthma, and other pulmonary difficulties.

R̄ Ol. Cajuput, ʒss.

Ol. Terebinth.

Acid. Acet. Fort. aa ʒ j.

Ovi Vitelli unius.

Aqua q.s., ℥.

Beat the yolk of one fresh egg with 4 oz. of water; add the oils of cajuput and turpentine, shake well in a bottle; add the acetic acid, and lastly sufficient water, to make in all 10 ozs. Shake well.

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